

Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

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	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)
Mon - 01/01/2018															
Lunch 9-12 HOLIDAY	Total SERVING	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

Tue - 01/02/2018															
Lunch 9-12 NO LUNCH	Total SERVING	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

Wed - 01/03/2018															
Lunch 9-12 NO SCHOOL TODAY	Total SERVING	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

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Portion Values - Detailed

Page 2

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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 - 01/04/2018															
Lunch 9-12	Total														
Cheese Sticks, Farm Rich	5 sticks	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
Pizza Sauce	1/4 cup	20	0	250	1.00	0.72	0.0	0	4.8	*N/A*	1.0	5.0	0.0	0.00	0.00
White Chicken Chili	1 cup	260	59	465	3.76	2.02	186.9	231	21.49	*2	18.69	20.88	11.94	4.50	*0.00
SOUR CRM,IMITN,CULTURED	1 oz.	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	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*
Tostitos Scoops, Baked	.875	110	0	110	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
CORN, SEASONED, canned	1/2 CUP	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	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Honey Dilled Carrots	1/2 cup	66	*0	188	*2.96	*0.96	*33.4	14176	*2.75	*3	0.67	11.85	2.06	0.49	*0.09
Weighted Daily Average		811	*28	1396	*13.40	*4.03	*109.4	*13550	*20.96	*16	28.13	119.20	27.82	*8.75	*0.08
% of Calories										*7.7%	13.9%	58.8%	30.9%	*9.7%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

	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 - 01/05/2018															
Lunch 9-12	Total														
Sausage Patty, Advance Pierre	2 patties	140	50	520	0.00	0.72	40.0	0	0.0	*N/A*	14.0	0.0	10.0	3.00	0.00
Gravy, Country White, Peppered	1/2 cup	70	0	280	0.00	0.00	0.0	0	0.0	2	0.0	10.0	4.0	2.00	0.00
CHICKEN AND NOODLES	1 CUP	244	75	186	0.80	1.89	63.0	128	0.9	*N/A*	21.89	21.31	7.52	1.87	*N/A*
Biscuit, Whole Grain, 2.51 oz.	2.51 oz.	210	0	330	2.00	1.08	100.0	0	0.0	3	5.0	27.0	9.0	4.50	0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	0	110	4.11	1.18	35.4	10272	26.62	*N/A*	2.04	45.72	4.8	0.98	*N/A*
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SPICED APPLES	2/3 CUP	179	0	27	2.08	0.36	14.1	117	22.18	*29	0.4	42.14	2.3	0.47	*0.00
Weighted Daily Average		846	59	1164	9.11	3.96	421.9	*8597	*44.41	*32	30.78	128.01	25.60	8.94	*0.00
% of Calories										*14.9%	14.6%	60.6%	27.2%	9.5%	*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)
Mon - 01/08/2018															
Lunch 9-12	Total														
Pizza, Cheese	slice	337	*34	744	3.01	*0.48	*447.3	*315	*2.38	*N/A*	19.66	30.96	14.98	8.03	*0.00
Pizza, Ham	slice	326	*34	791	3.01	*0.46	*391.4	*276	*2.38	*N/A*	19.14	31.32	13.78	7.17	*0.00
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
Sauteed Peppers & Onions	1/2 cup	32	0	4	1.81	0.29	17.6	199	46.85	4	1.05	7.46	0.14	0.05	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Royal Brownie with Frosting	1 each	227	0	138	1.50	0.96	28.0	61	0.2	*N/A*	2.41	42.59	6.41	1.34	*N/A*
Weighted Daily Average		773	*36	1147	9.19	*3.05	*642.3	*1170	*42.48	*17	30.12	118.47	22.86	9.22	*0.00
% of Calories										*8.6%	15.6%	61.3%	26.6%	10.7%	*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)	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 - 01/09/2018															
Lunch 9-12															
	Total														
Cheese Quesadilla	2 oz.	335	35	592	1.83	1.46	523.7	294	0.0	*N/A*	18.99	28.94	15.66	8.92	0.00
Asian Chicken Rolls, WG, Yeast, 2 oz.	1/2 cup	109	48	771	*0.08	*0.48	*2.0	*65	*1.44	*0	*19.28	5.34	1.21	*0.00	*0.00
Rice, Brown, Chicken Flavored	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
SALSA:COMMODITY	1/2 cup	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*
Shrimp Sauce	2 OZ	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
Sweet Glazed Carrots	1 oz.	44	*0	95	*0.03	*0.02	*0.3	74	*0.0	*2	0.02	2.95	3.49	0.53	*0.04
SALAD,TOSSSED: no dressing	1/2 cup	96	0	83	2.43	1.12	49.6	18027	4.41	*12	1.05	20.57	1.53	0.29	*0.23
BROCCOLI: frozen, steamed	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD,CHEF: Ham & Cheese	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
Saltines, Whole Wheat, 8 pkg	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
WOW & Grape Jelly Sandwich	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
TOASTED CHEESE SANDWICH	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
Fruit Cup, Assorted	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
FRUIT,FRESH ASSORTED	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
SALAD DRESSING,Assorted	1 EACH	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	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
GELATIN DSSRT,DRY MIX,PREP W/	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	1/2 cup	84	0	101	0.00	0.03	4.1	0	0.0	18	1.65	19.16	0.0	0.00	*N/A*
Weighted Daily Average		791	*45	1402	*10.43	*5.02	*771.5	*20114	*54.68	*42	*36.06	121.28	19.69	*7.68	*0.17
% of Calories										*21.1%	*18.2%	61.4%	22.4%	*8.7%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Lunch 9-12

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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)
Wed - 01/10/2018															
Lunch 9-12															
	Total														
Oven Fried Chick'n	3 oz.	240	50	610	0.00	*N/A*	*N/A*	100	*N/A*	0	14.0	6.0	17.0	4.00	0.00
MEAT LOAF	3/4" SLICE	195	67	122	1.29	2.23	47.0	154	2.9	*N/A*	17.04	8.0	10.29	4.22	*N/A*
CORNBREAD	SERVINGS	108	13	151	1.00	0.90	68.0	51	0.1	*N/A*	2.65	18.03	2.82	0.45	*N/A*
PINTO BEANS: cooked	1/2 CUP	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
SALAD,TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Honey Roasted Sweet Potatoes	1/2 cup	155	0	84	3.46	0.76	36.1	16169	2.8	*16	1.85	34.08	1.87	0.34	*0.00
Graham Crackers 3 pk	22 grams	90	0	100	1.00	0.72	100.0	500	0.0	4	2.0	16.0	2.5	0.00	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	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, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
TURNIP GREENS: boiled	1/2 CUP	14	0	191	2.52	0.58	98.6	5490	19.73	0	0.82	3.14	0.17	0.04	0.00
Weighted Daily Average		843	*65	1227	*15.17	*5.07	*581.6	*24816	*43.48	*37	34.19	121.36	26.45	*5.68	*0.00
% of Calories										*17.5%	16.2%	57.6%	28.3%	*6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Thu - 01/11/2018															
Lunch 9-12	Total														
HAMBURGER/WG Bun, K-12	SERVING	338	68	360	3.00	3.44	108.1	0	0.0	*2	24.93	26.0	14.34	5.15	0.00
Chicken Breast Fillet, WG	4 oz.	216	45	576	2.00	1.00	21.0	188	0.0	1	20.0	16.0	8.0	1.00	0.00
LETTUCE & TOMATO	2 lf,2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
Hashbrown Cubes	1/2 cup	90	0	220	2.00	0.72	0.0	0	3.6	0	2.0	15.0	2.5	1.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT, FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
SALAD, CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
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	0.00
CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
Dressing, Ranch, School Made	2 TBS	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		608	*53	1311	*11.57	4.96	*179.2	*10203	*53.90	*21	28.08	72.32	*24.54	*5.17	*0.00
% of Calories										*14.0%	18.5%	47.5%	*36.3%	*7.7%	*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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/12/2018															
Lunch 9-12	Total														
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
Ham Jalapeno Wrap	1 each	234	31	953	4.00	2.30	154.2	0	0.0	*3	18.04	26.52	6.29	1.46	0.01
VEGETABLE SOUP	1 CUP	73	0	149	2.59	1.19	45.6	2705	11.57	*2	5.18	10.94	1.17	0.31	*0.00
CARROT STICKS	1/2 CUP	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Blueberry Soup	1/2 cup	152	0	36	1.42	0.26	9.8	114	17.2	*16	1.32	23.03	6.69	5.80	*0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Saltines, Whole Wheat, 2 pkg	4 count	45	*N/A*	80	*N/A*	0.36	*N/A*	*N/A*	*N/A*	*N/A*	1.0	8.0	1.0	*N/A*	*N/A*
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
SALAD, CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
BROCCOLI SALAD	1/2 CUP	134	6	173	1.95	0.66	33.1	353	49.03	*2	2.05	15.58	7.94	1.07	*0.00
Weighted Daily Average		769	*34	1556	*11.38	4.79	*528.4	*19594	*92.97	*33	28.06	94.86	33.70	*12.48	*0.00
% of Calories										*17.0%	14.6%	49.4%	39.5%	*14.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 01/15/2018															
Lunch 9-12	Total														
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/16/2018															
Lunch 9-12															
	Total														
	Corn Dog, all meat	330	25	810	2.00	0.72	20.0	*N/A*	*N/A*	*N/A*	10.0	33.0	17.0	5.00	*N/A*
	Taco Soup	220	29	272	6.27	3.71	52.6	882	13.49	*2	16.37	27.22	6.0	2.12	*0.00
	SOUR CRM,IMITN,CULTURED	59	0	29	0.00	0.11	0.9	0	0.0	2	0.68	1.88	5.53	5.04	*N/A*
	Tostitos Scoops, Baked	110	0	110	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
	Rice, Mexican Fiesta	100	*0	160	0.72	0.65	13.2	*0	2.24	*N/A*	2.33	21.29	0.65	*0.08	*0.00
	Green Beans, Seasoned	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	CORN, SEASONED, canned	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,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	TOASTED CHEESE SANDWICH	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
	SALAD,CHEF: Ham & Cheese	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	KETCHUP: individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	Yogurt, Nonfat, Fortified	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
	Weighted Daily Average	780	*25	1405	*11.09	4.07	*391.4	*6375	*40.76	*17	21.80	120.42	25.22	*6.30	*0.00
	% of Calories									*8.9%	11.2%	61.8%	29.1%	*7.3%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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)
Wed - 01/17/2018															
Lunch 9-12															
	Total														
Fish/Cheese Sandwich	1 each	364	58	660	5.00	2.55	195.0	134	0.0	4	22.49	43.5	11.5	2.75	*0.00
Pork Rib, Smokie Grill	3.25 oz.	245	46	620	0.90	1.28	32.0	138	1.08	*N/A*	11.6	10.0	17.5	6.00	*N/A*
CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
PICKLES,CUCUMBER,DILL	7 SLICE	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
ONIONS,RAW	1 TBSP	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
Chili Roasted Fries	1/2 cup	264	0	239	5.35	0.67	4.3	154	14.09	*0	1.79	33.82	13.18	2.42	*0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
SALAD,TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
Tartar Sauce	packet	25	5	115	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
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	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Tomato Soup	1 cup	90	0	400	0.00	0.72	20.0	300	96.0	12	2.0	20.0	0.0	0.00	0.00
Saltines, Whole Wheat, 2 pkg	4 count	45	*N/A*	80	*N/A*	0.36	*N/A*	*N/A*	*N/A*	*N/A*	1.0	8.0	1.0	*N/A*	*N/A*
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		768	*54	1352	*11.48	4.11	*408.7	*7632	*70.24	*26	25.69	90.99	34.92	*8.31	*0.00
% of Calories										*13.3%	13.4%	47.4%	40.9%	*9.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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)
Thu - 01/18/2018															
Lunch 9-12	Total														
GROUND BEEF & MACARONI (MEX)	3/4 CUP	283	51	193	2.49	3.31	40.0	718	13.89	*N/A*	19.96	26.14	10.66	4.38	*N/A*
Chicken & Gravy	6 oz.	136	*52	306	*0.00	*0.72	*0.0	*0	*0.0	*2	*17.2	6.0	4.32	*0.66	*0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
PINTO BEANS: cooked	1/2 CUP	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
BROCCOLI: frozen, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT, FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
SALAD, CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CABBAGE SAUTE	1/2 CUP	53	0	47	2.52	0.49	41.9	206	41.64	*4	1.32	7.31	2.54	0.43	*0.00
Weighted Daily Average		784	*55	710	*17.89	*7.47	*484.1	*6632	*100.18	*33	*40.14	119.27	18.47	*5.32	*0.00
% of Calories										*16.6%	*20.5%	60.9%	21.2%	*6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 11

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	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)
Fri - 01/19/2018															
Lunch 9-12															
	Total														
	10 each	269	60	590	3.00	2.00	17.0	168	1.0	*N/A*	18.0	20.0	13.0	3.00	0.00
	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
	1 each	300	46	987	3.36	1.98	173.8	184	4.06	5	24.11	33.18	8.44	3.20	0.16
	2 lf,2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
	1/2 EACH	128	0	58	2.59	1.31	18.0	113	11.29	*N/A*	2.94	24.72	2.34	0.35	*N/A*
	1 oz.	59	0	29	0.00	0.11	0.9	0	0.0	2	0.68	1.88	5.53	5.04	*N/A*
	1 CUP	37	0	353	2.19	0.93	36.5	16308	3.94	4	0.93	8.09	0.28	0.05	0.00
	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	SERVINGS	173	0	72	1.46	1.45	17.4	255	1.02	*14	1.92	28.47	6.17	1.24	*0.00
	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	1 oz.	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	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
	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	Weighted Daily Average	792	*50	1353	*11.11	6.32	*373.3	*9506	*28.99	*25	31.86	114.47	24.31	*5.27	*0.01
	% of Calories									*12.5%	16.1%	57.8%	27.6%	*6.0%	*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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/22/2018															
Lunch 9-12															
	Total														
	HOTDOG, WG Bun, Berks	221	25	633	1.72	2.52	63.3	304	*0.0	*3	10.43	23.27	9.81	2.66	*0.00
	Hot Dog Chili	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
	ONIONS,RAW	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
	BBQ (school made) on WG Bun	452	72	742	3.51	3.01	117.7	341	5.8	*2	23.67	41.97	21.14	6.94	*0.00
	CREAMY COLE SLAW	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
	BBQ Sauce	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	BAKED BEANS (VEGETARIAN)	181	0	297	5.76	1.77	60.0	230	1.63	*13	6.73	42.5	0.65	0.11	*0.00
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	TOASTED CHEESE SANDWICH	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
	SALAD,CHEF: Ham & Cheese	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, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD DRESSING,Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	KETCHUP: individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	MAYONNAISE:individual PC	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	SPINACH: frozen,boiled	32	0	92	3.52	1.86	145.4	11458	2.09	0	3.81	4.56	0.83	0.15	0.00
	MILK - Variety	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	Weighted Daily Average	755	*53	1416	*13.86	6.69	*536.0	*14426	*55.52	*34	31.17	108.36	25.95	*5.53	*0.00
	% of Calories									*17.9%	16.5%	57.4%	30.9%	*6.6%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/23/2018															
Lunch 9-12															
	Total														
Pork Pattie with Gravy	1 each	340	90	660	2.00	1.80	40.0	100	0.0	3	13.0	25.0	21.0	6.50	*0.00
LASAGNA WITH GROUND BEEF	SERVINGS	269	34	406	2.29	2.64	304.0	910	16.3	*N/A*	19.87	28.34	8.69	4.69	*N/A*
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	0	110	4.11	1.18	35.4	10272	26.62	*N/A*	2.04	45.72	4.8	0.98	*N/A*
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT, FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
SALAD DRESSING, Assorted	2 TBSP	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	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, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Yellow Squash w/Onions	1/2 cup	38	0	219	1.53	0.50	22.6	259	7.64	*1	1.03	6.67	1.3	0.12	0.00
Weighted Daily Average		847	*76	1303	*12.68	6.42	*479.1	*11500	*53.30	*25	31.99	128.47	25.35	*7.09	*0.00
% of Calories										*11.6%	15.1%	60.6%	26.9%	*7.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/24/2018															
Lunch 9-12															
	Total														
Chicken Breast Filet on Bun	6 oz	371	65	792	4.00	3.61	140.1	100	0.0	4	27.07	41.05	10.53	2.00	0.00
Fish/Cheese Sandwich	1 each	364	58	660	5.00	2.55	195.0	134	0.0	4	22.49	43.5	11.5	2.75	*0.00
LETTUCE & TOMATO	2 lf,2 slc	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	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
Vegetable Chili Boat	3/4 cup	113	5	574	4.95	1.70	105.3	966	13.85	*1	6.22	14.56	3.84	1.39	*0.00
French Fries, G7, X-13, Oven	1/2 cup	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
SALAD,TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	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, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Tartar Sauce	packet	25	5	115	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Weighted Daily Average		800	*68	1401	*11.81	5.99	*514.5	*8296	*57.01	*32	38.65	111.45	23.20	*3.92	*0.00
% of Calories										*15.8%	19.3%	55.8%	26.1%	*4.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/25/2018															
Lunch 9-12	Total														
TURKEY ROAST, LIGHT & DARK MEA	2 oz.	80	30	300	0.00	0.36	0.0	0	0.0	*N/A*	10.0	0.0	3.28	1.08	0.00
Gravy, Poultry, Low Sodium	1/2 cup	50	*N/A*	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2	*N/A*	6.0	2.0	*N/A*	*N/A*
HAM, SLICED, EX LN	2.44 oz	69	28	885	0.00	0.40	3.5	0	0.0	0	11.69	0.38	2.35	0.46	0.01
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT, FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
CRANBERRY SAUCE: canned, swt	1/2 CUP	220	0	7	1.52	0.57	4.2	46	1.39	44	1.25	55.95	0.21	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
TOASTED CHEESE SANDWICH	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67	*N/A*
SALAD, CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*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	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE: individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
Weighted Daily Average		796	*46	1351	*12.11	*5.07	*416.4	*8674	*82.74	*55	*29.68	123.47	17.26	*2.81	*0.00
% of Calories										*27.6%	*14.9%	62.0%	19.5%	*3.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/26/2018															
Lunch 9-12															
	Total														
HAMBURGER/WG Bun, K-12	SERVING	338	68	360	3.00	3.44	108.1	0	0.0	*2	24.93	26.0	14.34	5.15	0.00
Pasta Primavera	1 1/2 CUP	291	57	740	2.78	1.59	464.1	681	35.8	*5	28.42	25.74	9.24	5.23	*0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
LETTUCE & TOMATO	2 lf, 2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
TURNIP GREENS: boiled	1/2 CUP	14	0	191	2.52	0.58	98.6	5490	19.73	0	0.82	3.14	0.17	0.04	0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
PINTO BEANS: cooked	1/2 CUP	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
FRUIT, FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
SALAD, CHEF: Ham & Cheese	1 EACH	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, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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	0.00
MAYONNAISE: individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
MILK, Strawberry, Fat Free	HALF PINT	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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
Weighted Daily Average		819	*67	1266	*18.44	6.83	*754.2	*14604	*65.09	*26	46.18	113.23	22.17	*6.58	*0.00
% of Calories										*12.8%	22.6%	55.3%	24.4%	*7.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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 - 01/29/2018															
Lunch 9-12															
	Total														
	Corn Dog, all meat	330	25	810	2.00	0.72	20.0	*N/A*	*N/A*	*N/A*	10.0	33.0	17.0	5.00	*N/A*
	Chicken And Cheese Quesadilla	279	31	583	*4.05	2.00	*399.7	*175	0.35	*3	17.62	27.69	11.31	*5.27	*0.00
	SALSA:COMMODITY	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
	Corn Salad	44	*0	166	1.61	0.43	10.0	299	16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
	Sweet Potato Crinkle Cut Fries	96	0	88	2.21	0.27	1.5	44	5.89	*N/A*	0.74	14.0	3.68	0.74	0.00
	SALAD,TOSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	Cinnamon Sugar	15	0	0	0.15	0.03	2.9	1	0.01	4	0.01	3.97	0.0	0.00	*0.00
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	Toasted Cheese WG Sand/K-12	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD,CHEF: Ham & Cheese	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	KETCHUP: individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	MILK, Chocolate, Fat Free	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	MILK, Strawberry, Fat Free	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	PEAS, GREEN, LOW-SODIUM, C ANNE	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
	Weighted Daily Average	704	*32	1415	*13.03	5.08	*628.1	*7164	*49.28	*21	29.27	104.84	*20.12	*6.39	*0.00
	% of Calories									*12.1%	16.6%	59.6%	*25.7%	*8.2%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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)
Tue - 01/30/2018															
Lunch 9-12	Total														
Panini Turkey & Cheese	1 each	300	46	987	3.36	1.98	173.8	184	4.06	5	24.11	33.18	8.44	3.20	0.16
Cheesy Burger / Bun	1 each	340	40	693	3.70	3.00	159.5	216	10.4	7	17.3	34.3	14.5	6.50	0.00
LETTUCE & TOMATO	2 lf,2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
PICKLES,CUCUMBER,DILL	7 SLICE	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
French Fries, G7, X-13, Oven	1/2 cup	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
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	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
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
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	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
BANANA BREAD SQUARES	SERVING	73	9	40	0.38	0.44	16.2	15	0.55	*6	1.2	12.52	2.13	0.74	*0.00
Weighted Daily Average		792	*50	1398	14.79	5.68	*499.5	*11365	*42.38	*34	32.03	116.46	*23.03	*6.96	*0.03
% of Calories										*17.1%	16.2%	58.8%	*26.2%	*7.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 01/31/2018															
Lunch 9-12	Total														
SPAGHETTI AND MEAT SAUCE	1 CUP	322	126	312	2.98	3.94	42.2	6	5.36	*N/A*	21.23	34.22	10.71	4.39	*N/A*
Cheese Sticks, Farm Rich	5 sticks	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
Pizza Sauce	1/2 cup	40	0	500	2.00	1.44	0.0	0	9.6	*N/A*	2.0	10.0	0.0	0.00	0.00
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Tomato Cucumber Salad II	1/2 cup	17	0	4	0.94	0.27	11.7	574	9.78	2	0.78	3.7	0.17	0.03	0.00
SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
CHEESE, PARMESAN, GRATED	1 TBSP	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
GREAT NORTHERN BEANS, CANNED	1/2 cup	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00

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Patrick County Public Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion 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)
Weighted Daily Average		768	*95	1176	13.59	*6.42	*429.0	*6728	*46.40	*19	40.25	112.13	20.77	*7.31	*0.03
% of Calories										*10.2%	21.0%	58.4%	24.4%	*8.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		781	*52	1303	*12.74	*5.32	*481.5	*11102	*54.99	*29 *32.9%	*32.32 *16.5%	112.58 57.6%	*24.29 *28.0%	*6.83 *7.9%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	781		750 - 850	100%				
Cholesterol (mg)	52				Missing			
Sodium (mg)	1303		1420					
Fiber (g)	12.74				Missing			
Iron (mg)	5.32				Missing			
Calcium (mg)	481.5				Missing			
Vitamin A (IU)	11102				Missing			
Sugars (g)	29	14.63%			Missing			
Vitamin C (mg)	54.99				Missing			
Protein (g)	32.32	16.55%			Missing			
Carbohydrate (g)	112.58	57.64%						
Total Fat (g)	24.29	27.98%			Missing			
Saturated Fat (g)	6.83	7.87%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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