

Patrick County Public Schools

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Generated on: 05/06/2019 9:03:28 AM

	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 - 05/01/2019															
Lunch 9-12															
	Total														
	Corn Dogs, Chicken, WG	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
	PIZZA, BIG DADDY'S PEPPERONI	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	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,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,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
	Honey Roasted Sweet Potatoes	155	0	84	3.46	0.76	36.1	16169	2.8	*16	1.85	34.08	1.87	0.34	*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 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
	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
	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,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*
	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
	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
	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
	GELATIN DSSRT,DRY MIX,PREP W/	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	756	*39	1096	*10.10	4.55	*473.2	*16989	*23.65	*39	28.41	130.61	15.56	*5.08	*0.00
	% of Calories									*20.6%	15.0%	69.1%	18.5%	*6.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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

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

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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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)
Thu - 05/02/2019															
Lunch 9-12															
	Total														
PIZZA, BIG DADDY CHEESE	4.6 oz.	340	30	620	2.00	3.00	250.0	400	0.0	*N/A*	20.0	39.0	12.0	4.50	0.00
Popcorn Chicken	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
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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,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
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
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
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, 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	1 cup	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,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*
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
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
BBQ Sauce	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
Sweet & Sour Sauce	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	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
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
Weighted Daily Average		755	*53	1420	*9.93	6.15	*497.9	*6754	*33.77	*21	34.30	110.04	*21.57	*5.28	*0.00
% of Calories										*11.2%	18.2%	58.3%	*25.7%	*6.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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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)
Fri - 05/03/2019															
Lunch 9-12															
	Total														
	Pizza, Big Daddy's, WG Peppero slice	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	0.00
	Arroz con Pollo 1 each	317	89	1035	0.60	*1.47	145.3	467	*16.25	*0	23.87	27.63	13.18	4.98	*0.28
	Toasted Cheese WG Sand/K-12 1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich 1 each	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,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*
	REFRIED BEANS 1/3 CUP	111	4	381	2.79	1.61	113.0	208	0.7	*N/A*	6.87	12.19	4.12	1.31	*N/A*
	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
	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, Chocolate, Fat Free HALF PINT	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,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*
	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*
	SALSA:COMMODITY 4 OZ	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
	Rice, Mexican Fiesta 2/3 cup	134	*0	214	0.96	0.87	17.6	*0	2.99	*N/A*	3.11	28.39	0.86	*0.11	*0.00
	Pico de Gallo 1/2 cup	24	0	69	1.56	0.33	42.7	865	22.68	*3	1.06	5.35	0.23	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
	Weighted Daily Average	751	*35	1399	*11.79	*6.05	*667.6	*8033	*49.92	*18	37.62	108.52	20.49	*6.22	*0.02
	% of Calories									*9.8%	20.0%	57.8%	24.6%	*7.5%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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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 - 05/06/2019															
Lunch 9-12															
	Total														
Chicken Nachos	3 oz	268	57	549	2.37	1.58	73.8	699	0.09	*0	21.1	24.75	8.98	2.42	*0.00
PIZZA, BIG DADDY'S PEPPERONI	4.6 oz.	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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,TOSSSED: 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
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
SALSA:COMMODITY	4 OZ	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, 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
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,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
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
Creamed Spinach	1/2 cup	143	10	284	5.50	3.64	396.8	21430	11.03	*2	11.89	12.99	6.35	2.48	*0.00
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*
Weighted Daily Average		751	*49	1417	*13.38	8.00	*754.1	*20579	*82.76	*22	41.11	109.86	20.09	*6.69	*0.00
% of Calories										*11.7%	21.9%	58.5%	24.1%	*8.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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 - 05/07/2019															
Lunch 9-12															
	Total														
HOTDOG, WG Bun, Berks	1 each	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	1 TBSP	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
Pizza, Big Daddy's, WG Cheese	slice	310	25	560	4.00	2.70	250.0	400	0.0	*N/A*	17.0	33.0	12.0	5.00	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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
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
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
Waffle Fries	84 gram	160	0	360	2.00	0.72	0.0	0	4.8	*N/A*	2.0	19.0	8.0	2.00	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	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	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, 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,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*
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*
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
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
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		753	*39	1418	*10.92	5.18	*462.7	*2827	*35.84	*25	28.27	104.67	26.56	*6.87	*0.00
% of Calories										*13.4%	15.0%	55.6%	31.8%	*8.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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 - 05/08/2019																
Lunch 9-12																
	Total															
	Pork Pattie with Gravy	340	90	660	2.00	1.80	40.0	100	0.0	3	13.0	25.0	21.0	6.50	*0.00	
	PIZZA, BIG DADDY'S PEPPERONI	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00	
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00	
	WOW & Grape Jelly Sandwich	4.6 oz	572	0	441	8.03	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
	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
	Sweet Potato Casserole	2/3 cup	266	30	171	2.34	1.98	62.2	11096	6.56	*21	4.25	46.31	7.5	1.57	*1.17
	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
	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
	MILK, Chocolate, Fat Free	HALF PINT	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,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		783	*99	1095	7.80	5.15	417.1	*8678	*9.88	*26	29.46	109.62	25.74	*7.25	*0.67
	% of Calories										*13.2%	15.1%	56.0%	29.6%	*8.3%	*0.8%
	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

May 1, 2019 thru May 31, 2019

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)
Thu - 05/09/2019															
Lunch 9-12															
	Total														
	Chicken Fajita	247	71	700	1.85	1.93	256.9	2555	21.09	*1	22.72	18.48	9.31	3.51	0.00
	Chipotle Ranch Dressing	132	9	265	0.00	*N/A*	*N/A*	94	1.13	1	0.0	0.94	14.17	2.36	*N/A*
	BEEF TACO, soft shell	256	42	337	2.04	2.60	146.7	2103	8.46	*1	18.2	18.82	11.89	4.47	*0.50
	Pizza, Big Daddy's, WG Cheese	310	25	560	4.00	2.70	250.0	400	0.0	*N/A*	17.0	33.0	12.0	5.00	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	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,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*
	REFRIED BEANS	111	4	381	2.79	1.61	113.0	208	0.7	*N/A*	6.87	12.19	4.12	1.31	*N/A*
	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
	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
	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
	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,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*
	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*
	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
	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*
	BANANA BREAD SQUARES	73	9	40	0.38	0.44	16.2	15	0.55	*6	1.2	12.52	2.13	0.74	*0.00
	Dressing, Ranch, School Made	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	750	*54	1419	*10.71	*6.57	*667.8	*8293	*36.51	*23	35.58	96.83	25.91	*9.33	*0.07
	% of Calories									*12.1%	19.0%	51.7%	31.1%	*11.2%	*0.1%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 8

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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)	
Fri - 05/10/2019																
Lunch 9-12																
	Total															
	PIZZA, BIG DADDY'S PEPPERONI	4.6 oz.	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00
	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
	Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	1 each	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,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,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
	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
	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
	Sweet Potato Crinkle Cut Fries	2.21 oz.	96	0	88	2.21	0.27	1.5	44	5.89	*N/A*	0.74	14.0	3.68	0.74	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, 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	1 cup	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*
	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
	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
	GELATIN DSSRT,DRY MIX,PREP W/	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		758	*46	1148	*9.11	4.53	*473.2	*3295	*29.00	*27	32.67	103.05	24.77	*6.70	*0.00
	% of Calories										*14.3%	17.2%	54.4%	29.4%	*8.0%	*0.0%
	Nutrient Guideline		750-850		1420									<10.00		

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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 - 05/13/2019															
Lunch 9-12															
	Total														
	PIZZA, BIG DADDY'S PEPPERONI	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00
	Fish Sticks	250	45	410	1.00	1.08	*N/A*	*N/A*	6.0	*N/A*	13.0	19.0	14.0	2.00	0.00
	Cornbread, Mini Loaf WG	180	15	90	1.00	1.00	21.0	*N/A*	*N/A*	15	3.0	29.0	6.0	0.50	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	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,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,TOSSD: 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
	ORANGE GLAZED SWEET POTATOES	231	0	110	4.11	1.18	35.4	10272	26.62	*N/A*	2.04	45.72	4.8	0.98	*N/A*
	Macaroni & Cheese (Ched Sauce)	133	3	215	2.00	0.74	36.6	*12	*0.05	*N/A*	4.42	21.32	4.3	1.08	*1.47
	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
	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
	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
	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
	TARTAR SAUCE	63	8	246	0.40	0.36	5.0	63	0.4	*N/A*	0.23	7.94	3.59	0.58	*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
	TURNIP GREENS: boiled	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	788	*45	1099	*8.73	4.81	*497.0	*12246	*40.25	*17	30.47	121.22	22.16	*5.97	*0.63
	% of Calories									*8.6%	15.5%	61.5%	25.3%	*6.8%	*0.7%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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 - 05/14/2019																
Lunch 9-12																
	Total															
	PIZZA, BIG DADDY CHEESE	340	30	620	2.00	3.00	250.0	400	0.0	*N/A*	20.0	39.0	12.0	4.50	0.00	
	Popcorn Chicken	269	60	590	3.00	2.00	17.0	168	1.0	*N/A*	18.0	20.0	13.0	3.00	0.00	
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00	
	WOWBUTTER WG Sandwich	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,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,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	
	Rolls, WG, Yeast, 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	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	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	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,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*
	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
	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
	BBQ Sauce	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
	Sweet & Sour Sauce	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	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
	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	757	*62	1270	*8.08	4.96	*412.6	*1649	*60.40	*20	32.71	100.25	22.64	*4.90	*0.00	
	% of Calories									*10.8%	17.3%	53.0%	26.9%	*5.8%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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)
Wed - 05/15/2019															
Lunch 9-12															
	Total														
Steakum/ Cheese Hoagie	4 oz	234	54	500	2.00	1.68	274.0	179	*0.0	*2	16.2	18.5	9.92	4.42	0.00
Pizza, Big Daddy's, WG Cheese	slice	310	25	560	4.00	2.70	250.0	400	0.0	*N/A*	17.0	33.0	12.0	5.00	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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,TOSSSED: 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
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
Diced Red Oven Roasted Potatoe	3 oz.	94	*N/A*	311	1.88	0.68	*N/A*	*N/A*	2.26	*N/A*	1.88	17.88	1.41	*N/A*	*N/A*
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
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
MILK, Chocolate, Fat Free	HALF PINT	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,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*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
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*
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
Tomato Soup	1/2 cup	45	0	200	0.00	0.36	10.0	150	48.0	6	1.0	10.0	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*
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		751	*34	1414	*11.51	5.42	*615.3	*7773	*120.70	*25	31.70	116.56	18.51	*5.59	*0.00
% of Calories										*13.3%	16.9%	62.0%	22.2%	*6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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 - 05/16/2019															
Lunch 9-12															
	Total														
	PIZZA, BIG DADDY'S PEPPERONI	350	30	690	2.00	3.00	200.0	300	0.0	*N/A*	20.0	39.0	13.0	5.00	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	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,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,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
	VEGETABLE SOUP	73	0	149	2.59	1.19	45.6	2705	11.57	*2	5.18	10.94	1.17	0.31	*0.00
	Saltines, Whole Wheat, 2 pkg	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*
	LETTUCE &TOMATO	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
	Waffle Fries	160	0	360	2.00	0.72	0.0	0	4.8	*N/A*	2.0	19.0	8.0	2.00	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
	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,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*
	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
	Dressing, Ranch, School Made	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	Scalloped Tomatoes	140	0	353	1.94	0.90	46.4	833	7.58	*2	2.79	11.46	9.33	1.77	*1.60
	Weighted Daily Average	765	*36	1402	*8.92	5.56	*538.4	*7180	*38.80	*17	33.78	103.51	25.44	*8.04	*0.33
	% of Calories									*8.8%	17.7%	54.1%	29.9%	*9.5%	*0.4%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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)
Fri - 05/17/2019															
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*
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
PIZZA, BIG DADDY CHEESE	4.6 oz.	340	30	620	2.00	3.00	250.0	400	0.0	*N/A*	20.0	39.0	12.0	4.50	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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,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
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
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
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
MANAGER'S CHOICE	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		751	*55	901	*11.51	6.75	*448.0	*8197	*59.28	*25	36.61	112.70	19.61	*5.76	*0.00
% of Calories										*13.4%	19.5%	60.0%	23.5%	*6.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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)
Mon - 05/20/2019															
Lunch 9-12															
	Total														
Pizza, Big Daddy's, WG Cheese	slice	310	25	560	4.00	2.70	250.0	400	0.0	*N/A*	17.0	33.0	12.0	5.00	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
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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,TOSSSED: 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
Sweet Glazed Carrots	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
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, 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	1 cup	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,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*
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
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
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		754	*55	1188	*12.98	5.74	*776.9	*23307	*86.96	*36	39.17	112.81	18.61	*6.46	*0.21
% of Calories										*19.1%	20.8%	59.9%	22.2%	*7.7%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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)
Tue - 05/21/2019															
Lunch 9-12															
	Total														
Pizza, Big Daddy's, WG Peppero	slice	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	0.00
BBQ (school made) on WG Bun	1 each	452	72	742	3.51	3.01	117.7	341	5.8	*2	23.67	41.97	21.14	6.94	*0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	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,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
SALAD,TOSSSED: 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
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
Waffle Fries	84 gram	160	0	360	2.00	0.72	0.0	0	4.8	*N/A*	2.0	19.0	8.0	2.00	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, 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,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*
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*
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
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
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		753	*47	1314	*9.78	4.42	*486.5	*2788	*38.20	*19	31.42	99.12	26.85	*7.44	*0.00
% of Calories										*10.1%	16.7%	52.6%	32.1%	*8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

May 1, 2019 thru May 31, 2019

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)
Wed - 05/22/2019															
Lunch 9-12															
	Total														
	SPAGHETTI AND MEAT SAUCE	322	126	312	2.98	3.94	42.2	6	5.36	*N/A*	21.23	34.22	10.71	4.39	*N/A*
	Rolls, WG, Yeast, 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
	Pizza, Big Daddy's, WG Peppero	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	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,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,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
	LETTUCE &TOMATO	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	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	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	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*
	CHEESE,PARMESAN,GRATED	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
	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
	Dressing, Ranch, School Made	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	Mayonnaise, FF	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*
	BROCCOLI SALAD	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	832	*106	1217	*10.86	7.20	*474.1	*8051	*73.45	*13	37.74	113.90	*27.33	*7.01	*0.03
	% of Calories									*6.1%	18.1%	54.7%	*29.6%	*7.6%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

Weighted Average		763	*53	1264	*10.38	*5.69	*541.4	*9165	*51.21	*23	33.81	109.58	*22.62	*6.54	*0.12
										*27.5%	17.7%	57.4%	*26.7%	*7.7%	*0.1%

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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion 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	763		750 - 850	100%													
Cholesterol (mg)	53				Missing												
Sodium (mg)	1264		1420														
Fiber (g)	10.38				Missing												
Iron (mg)	5.69				Missing												
Calcium (mg)	541.4				Missing												
Vitamin A (IU)	9165				Missing												
Sugars (g)	23	12.24%			Missing												
Vitamin C (mg)	51.21				Missing												
Protein (g)	33.81	17.72%															
Carbohydrate (g)	109.58	57.44%															
Total Fat (g)	22.62	26.67%			Missing												
Saturated Fat (g)	6.54	7.71%	<10.00%		Missing												
Trans Fat ¹ (g)	0.12	0.15%			Missing												

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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