

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 03/26/2018 9:02:23 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)
Mon - 04/02/2018															
Lunch 9-12	Total SERVING														
NO SCHOOL TODAY		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

Tue - 04/03/2018															
Lunch 9-12	Total SERVING														
MANAGER'S CHOICE		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

Wed - 04/04/2018															
Lunch 9-12	Total SERVING														
MANAGER'S CHOICE		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

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

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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 - 04/05/2018																
Lunch 9-12																
	Total															
	Fish/Cheese Sandwich	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, Honey BBQ Sandwich	405	46	760	3.90	1.28	32.0	138	1.08	*N/A*	17.6	38.0	20.5	6.50	*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	
	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*	
	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	
	PICKLES,CUCUMBER,DILL	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	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	291	0	258	5.83	0.73	4.6	163	15.37	*0	1.95	36.86	14.1	2.25	*0.02	
	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 - 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
	Tartar Sauce	packet	25	5	115	0.00	0.00	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	
	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	
	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	
	Saltines, Whole Wheat, 2 pkg	4 count	45	*N/A*	80	*N/A*	0.36	*N/A*	*N/A*	*N/A*	1.0	8.0	1.0	*N/A*	*N/A*	
	Weighted Daily Average	769	*52	1422	*10.36	3.17	*306.1	*1670	*59.46	*20	25.67	97.25	31.46	*7.52	*0.01	
	% of Calories									*10.4%	13.3%	50.6%	36.8%	*8.8%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 3

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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 - 04/06/2018															
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
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*
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
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
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
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 - 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
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		760	*60	741	*19.53	*7.67	*469.0	*6344	*100.58	*27	*43.06	117.71	14.98	*4.02	*0.00
% of Calories										*14.2%	*22.7%	62.0%	17.7%	*4.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 4

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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 - 04/09/2018															
Lunch 9-12															
	Total														
Corn Dog, all meat	4 oz.	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	4 oz	279	31	583	*4.05	2.00	*399.7	*175	0.35	*3	17.62	27.69	11.31	*5.27	*0.00
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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*
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
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,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 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
Cinnamon Sugar	1 tsp	15	0	0	0.15	0.03	2.9	1	0.01	4	0.01	3.97	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
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 - 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
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
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
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		754	*32	1428	*12.23	3.66	*508.1	*5620	*50.84	*27	26.66	110.31	*24.31	*6.80	*0.00
% of Calories										*14.5%	14.2%	58.6%	*29.0%	*8.1%	*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)
Tue - 04/10/2018															
Lunch 9-12															
	Total														
	Panini Turkey & Cheese	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	340	40	693	3.70	3.00	159.5	216	10.4	7	17.3	34.3	14.5	6.50	0.00
	Wow EZ Jammer	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	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,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
	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
	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
	PICKLES,CUCUMBER,DILL	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	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
	MIXED VEGETABLES:Seasoned	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	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 - Variety	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*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
	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
	Weighted Daily Average	803	*51	1394	14.62	5.42	*552.9	*11550	*46.15	*33	35.14	113.61	24.39	*6.78	*0.06
	% of Calories									*16.3%	17.5%	56.6%	27.3%	*7.6%	*0.1%
	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)
Wed - 04/11/2018															
Lunch 9-12															
	Total														
	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*
	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
	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	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
	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
	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
	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
	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
	1/2 cup	17	0	4	0.94	0.27	11.7	574	9.78	2	0.78	3.7	0.17	0.03	0.00
	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
	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
	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
	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 TBSP	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
	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
	Weighted Daily Average	837	*105	1298	14.51	*7.38	*464.4	*5530	*40.51	*24	42.29	126.31	20.16	*5.84	*0.03
	% of Calories									*11.7%	20.2%	60.4%	21.7%	*6.3%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/12/2018															
Lunch 9-12	Total														
SALISBURY STEAK	SERVINGS	186	63	156	0.80	2.00	40.0	47	0.5	*N/A*	16.67	5.95	10.18	4.22	*N/A*
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
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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,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
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*
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
Cheesy Potatoes	1/2 cup	174	*9	156	0.88	0.70	120.4	230	5.13	*3	5.76	13.95	10.96	7.05	*0.08
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*
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
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
Fruit & Yogurt Cup	4 oz	68	2	29	0.58	0.17	69.6	269	1.71	*3	1.89	15.69	0.06	0.00	*0.00
Weighted Daily Average		846	*75	1359	*11.01	6.00	*466.0	*5583	*31.08	*24	37.11	109.23	30.43	*10.77	*0.08
% of Calories										*11.4%	17.5%	51.6%	32.4%	*11.5%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/13/2018															
Lunch 9-12															
	Total														
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
JALAPENO VEGETABLE WRAP	SERVINGS	426	*54	1678	6.32	2.13	475.0	3166	19.1	*4	18.18	39.16	*22.33	*12.18	*0.00
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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,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
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*
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
SALSA:COMMODITY	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*
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*
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*
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 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	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
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		743	*87	1436	*9.52	*5.13	*442.8	*18125	*44.44	*38	35.47	113.16	*18.86	*6.29	*0.40
% of Calories										*20.6%	19.1%	60.9%	*22.9%	*7.6%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/16/2018															
Lunch 9-12															
	Total														
	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
	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
	Wow EZ Jammer	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	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
	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
	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
	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
	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
	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 - Variety	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*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
	ROYAL BROWNIES	137	0	111	1.50	0.95	23.0	2	0.2	*N/A*	2.28	25.48	3.84	0.75	*N/A*
	Weighted Daily Average	787	*33	1183	*11.34	6.08	*532.5	*7477	*40.02	*20	33.01	120.01	23.07	*6.94	*0.00
	% of Calories									*10.3%	16.8%	61.0%	26.4%	*7.9%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/17/2018															
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
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
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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
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
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*
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
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
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
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
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		780	*68	1352	*10.90	6.14	*485.7	*5616	*53.96	*37	38.16	112.37	*21.12	*5.33	*0.00
% of Calories										*19.1%	19.6%	57.6%	*24.4%	*6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Apr 2, 2018 thru Apr 30, 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)
Wed - 04/18/2018															
Lunch 9-12	Total														
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*
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
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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,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
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
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
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
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
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
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
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
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		751	*61	1208	*17.24	5.89	*552.8	*10083	*73.67	*26	37.73	100.75	20.01	*4.54	*0.00
% of Calories										*14.0%	20.1%	53.7%	24.0%	*5.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 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)
Thu - 04/19/2018															
Lunch 9-12															
	Total														
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
JALAPENO VEGETABLE WRAP	SERVINGS	426	*54	1678	6.32	2.13	475.0	3166	19.1	*4	18.18	39.16	*22.33	*12.18	*0.00
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
SALAD,TOSSD: 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
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
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*
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
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
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
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
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		845	*35	1420	*11.21	6.42	*882.2	*16552	*68.71	*39	35.68	114.38	*30.22	*12.26	*0.00
% of Calories										*18.6%	16.9%	54.1%	*32.2%	*13.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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)
Fri - 04/20/2018															
Lunch 9-12															
	Total														
Jalapeno Cheese Quesadilla	2 oz	856	19	1302	18.23	8.34	1097.9	225	0.0	*14	38.36	120.24	26.63	8.45	*0.00
Asian Chicken	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
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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
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
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
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*
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*
Shrimp Sauce	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
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
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
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
SOY SAU MADE FROM SOY&WH EAT (S	1 TBSP	8	0	511	0.10	0.19	4.3	0	0.0	0	1.29	0.79	0.04	0.00	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		787	*44	1423	*15.35	*6.51	*779.8	*15978	*54.50	*40	*40.64	128.81	14.81	*4.12	*0.13
% of Calories										*20.2%	*20.7%	65.5%	16.9%	*4.7%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/23/2018															
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*
	White Chicken Chili	260	59	465	3.76	2.02	186.9	231	21.49	*2	18.69	20.88	11.94	4.50	*0.00
	Wow EZ Jammer	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	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,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
	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*
	Rice, Brown, Chicken Flavored	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	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	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	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, 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*
	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*
	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
	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
	Honey Dilled Carrots	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	763	*36	1424	*11.58	*4.04	*399.7	*10408	*40.00	*22	25.15	112.68	25.61	*6.88	*0.03
	% of Calories									*11.7%	13.2%	59.1%	30.2%	*8.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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)	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 - 04/24/2018																
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*	
	Manwich Sloppy Joe, WG Bun	4 oz.	356	56	442	3.24	3.49	114.1	82	0.57	*2	19.7	27.66	18.18	6.44	*0.93
	Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
	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*	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
	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
	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
	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
	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
	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 - 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
	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
	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
	Fruit Salad	1/2 cup	56	0	9	1.59	0.15	25.5	167	9.07	*3	0.86	14.05	0.12	0.03	*0.00
	Weighted Daily Average		805	*53	1208	*12.24	5.47	*457.6	*4290	*42.52	*32	29.76	114.58	27.61	*5.77	*0.33
	% of Calories									*16.0%	14.8%	56.9%	30.9%	*6.5%	*0.4%	
	Nutrient Guideline		750-850		1420									<10.00		

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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 - 04/25/2018															
Lunch 9-12															
	Total														
Baked Spaghetti	1 CUP	400	62	545	2.69	4.49	157.7	375	5.69	*4	25.05	39.18	15.01	6.24	*0.69
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
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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
SALAD,TOSSD: 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
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*
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
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
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 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 - 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
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
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		796	*83	1173	*12.57	6.79	*519.1	*6554	*70.61	*31	37.13	112.78	23.61	*7.29	*0.36
% of Calories										*15.4%	18.7%	56.6%	26.7%	*8.2%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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)	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 - 04/26/2018															
Lunch 9-12															
	Total														
	Taco, WG Soft Shell, Beef	262	53	345	1.00	2.35	72.5	92	0.0	*0	17.54	15.81	13.73	4.97	0.67
	Chicken Fajita Wrap	190	59	565	1.00	1.52	111.2	0	12.29	*N/A*	17.34	15.77	6.35	1.78	0.00
	Wow EZ Jammer	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	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,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
	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*
	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
	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*
	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*
	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*
	Cheesy Potatoes	174	*9	156	0.88	0.70	120.4	230	5.13	*3	5.76	13.95	10.96	7.05	*0.08
	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
	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
	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
	Belly Bear Grahams	123	0	71	0.58	0.74	4.0	2	0.0	*N/A*	1.77	18.53	4.71	1.28	*N/A*
	Weighted Daily Average	831	*69	1262	*9.31	6.59	*609.2	*8590	*45.08	*25	38.63	102.00	31.60	*13.27	*0.46
	% of Calories									*12.2%	18.6%	49.1%	34.2%	*14.4%	*0.5%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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)
Fri - 04/27/2018															
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*
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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
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,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
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*
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
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 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 - 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
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
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		849	*89	992	*10.73	5.73	*395.9	*10474	*42.09	*54	35.22	139.14	19.29	*4.81	*0.67
% of Calories										*25.3%	16.6%	65.5%	20.4%	*5.1%	*0.7%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 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)
Mon - 04/30/2018															
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
	Wow EZ Jammer	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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,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
	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
	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
	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 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*
	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*
	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
	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
	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
	Weighted Daily Average	757	*56	1325	*14.35	6.74	*546.0	*12814	*44.70	*35	33.57	119.01	*20.53	*5.48	*0.00
	% of Calories									*18.5%	17.7%	62.9%	*24.4%	*6.5%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	
	Weighted Average	792	*60	1280	*12.70	*5.82	*520.5	*9070	*52.72	*31	*35.01	114.67	*23.45	*6.93	*0.14
										*35.1%	*17.7%	57.9%	*26.6%	*7.9%	*0.2%

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Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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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	792		750 - 850	100%													
Cholesterol (mg)	60				Missing												
Sodium (mg)	1280		1420														
Fiber (g)	12.70				Missing												
Iron (mg)	5.82				Missing												
Calcium (mg)	520.5				Missing												
Vitamin A (IU)	9070				Missing												
Sugars (g)	31	15.59%			Missing												
Vitamin C (mg)	52.72				Missing												
Protein (g)	35.01	17.67%			Missing												
Carbohydrate (g)	114.67	57.88%															
Total Fat (g)	23.45	26.63%			Missing												
Saturated Fat (g)	6.93	7.87%		<10.00%	Missing												
Trans Fat ¹ (g)	0.14	0.16%			Missing												

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