

Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 01/30/2018 10:30:45 AM

	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 - 02/01/2018																
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	
	SALISBURY STEAK	186	63	156	0.80	2.00	40.0	47	0.5	*N/A*	16.67	5.95	10.18	4.22	*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	
	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
	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*	
	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 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
	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
	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
	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, Dijon Honey Mustard	2 TBSP	130	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	12.0	2.00	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
	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 & 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	849	*75	1355	*10.44	5.68	*484.0	*7999	*36.47	*28	36.23	106.27	32.70	*11.12	*0.08	
	% of Calories									*13.3%	17.1%	50.1%	34.7%	*11.8%	*0.1%	
	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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/02/2018															
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 & 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*
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
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
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 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
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*
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*
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
SPINACH: frozen,boiled	1/2 CUP	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		742	*68	1473	*11.82	*6.83	*560.6	*30322	*42.22	*33	35.26	104.91	*22.95	*7.33	*0.41
% of Calories										*18.0%	19.0%	56.5%	*27.8%	*8.9%	*0.5%
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)	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 - 02/05/2018															
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 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
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*
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
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
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
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
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		752	*71	1417	*11.59	6.23	*506.9	*8605	*44.24	*26	38.72	101.18	22.80	*5.13	*0.00
% of Calories										*13.6%	20.6%	53.8%	27.3%	*6.1%	*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)	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 - 02/06/2018															
Lunch 9-12															
Pizza, Cheese	Total 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
Taco, Pork Carnita	1 each	295	79	529	*1.00	1.66	194.3	137	0.0	*0	26.2	*15.7	14.78	5.20	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*
Rice, Mexican Fiesta	1/2 cup	100	*0	160	0.72	0.65	13.2	*0	2.24	*N/A*	2.33	21.29	0.65	*0.08	*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
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
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 - 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
ROYAL BROWNIES	SERVINGS	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	*43	1335	*13.36	*4.17	*729.4	*7080	*70.63	*21	36.58	*117.13	22.53	*8.66	*0.00
% of Calories										*10.8%	18.6%	*59.5%	25.8%	*9.9%	*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)
Wed - 02/07/2018															
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*
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*
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
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
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 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
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		833	*65	1061	*17.12	*6.07	*469.4	*23245	*37.82	*37	36.99	125.91	21.54	*5.11	*0.00
% of Calories										*18.0%	17.8%	60.4%	23.3%	*5.5%	*0.0%
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)
Thu - 02/08/2018															
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
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
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*
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*
Vegetable Sticks	1/2 cup	22	0	25	1.65	0.44	25.1	980	41.62	*1	1.49	4.59	0.21	0.06	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
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
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
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

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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)
Weighted Daily Average		773	*31	1337	*9.86	6.69	*811.7	*6168	*83.46	*28	34.89	100.85	28.40	*9.94	*0.00
% of Calories										*14.6%	18.1%	52.2%	33.1%	*11.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 02/09/2018															
	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)
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
Teriyaki Chicken	2.8 oz.	111	52	370	0.26	0.98	5.2	150	2.27	*N/A*	17.67	6.21	2.4	0.67	*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*
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*
Stir Fry Vegetables	85 grams	30	0	20	2.00	0.36	40.0	3000	18.0	2	2.0	6.0	0.0	0.00	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
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
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
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
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
SOY SAU MADE FROM SOY&WH	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
EAT (S															
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		765	*47	1355	*11.01	*5.19	*740.0	*25446	*48.60	*43	34.99	119.86	18.10	*7.29	*0.21
% of Calories										*22.5%	18.3%	62.6%	21.3%	*8.6%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/12/2018															
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
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*
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
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
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 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
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*
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		847	*38	1389	*13.04	*4.22	*426.1	*15222	*38.30	*20	34.65	122.43	27.65	*9.01	*0.06
% of Calories										*9.5%	16.4%	57.8%	29.4%	*9.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/13/2018															
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
	Manwich Sloppy Joe, WG Bun	356	56	442	3.24	3.49	114.1	82	0.57	*2	19.7	27.66	18.18	6.44	*0.93
	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*
	Chili Sauce, Hot Dog	89	25	126	0.11	0.82	7.9	97	0.36	2	6.87	2.86	5.48	2.08	*0.31
	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
	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
	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 - 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
	Fruit Salad	56	0	9	1.59	0.15	25.5	167	9.07	*3	0.86	14.05	0.12	0.03	*0.00
	Weighted Daily Average	837	*57	1379	*12.40	6.20	*461.8	*4698	*25.89	*34	34.18	123.00	26.25	*5.99	*0.38
	% of Calories									*16.3%	16.3%	58.8%	28.2%	*6.4%	*0.4%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/14/2018															
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 & 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*
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
Cucumber/Tomato Slices	1/2 cup	12	0	3	0.67	0.19	8.7	402	6.89	2	0.57	2.69	0.12	0.02	0.00
Cookie	1 oz.	106	8	99	1.34	0.60	*2.5	*20	*N/A*	*N/A*	1.51	18.03	3.45	1.10	*0.00
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
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
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		846	*91	1195	*13.61	7.20	*490.6	*8853	*74.29	*27	36.93	121.30	25.76	*7.93	*0.32
% of Calories										*12.6%	17.5%	57.3%	27.4%	*8.4%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/15/2018															
Lunch 9-12															
	Total														
BEEF TACO, soft shell	1 EACH	256	42	337	2.04	2.60	146.7	2103	8.46	*1	18.2	18.82	11.89	4.47	*0.50
Chicken Fajita	1 each	247	71	700	1.85	1.93	256.9	2555	21.09	*1	22.72	18.48	9.31	3.51	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*
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
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
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
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
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*
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*
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		829	*64	1275	*10.31	6.70	*693.4	*9400	*59.23	*40	39.29	109.65	28.34	*12.90	*0.43
% of Calories										*19.1%	19.0%	52.9%	30.8%	*14.0%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/16/2018															
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
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 & 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*
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: frozen,boiled	1/2 CUP	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	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
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
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 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
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
Weighted Daily Average		820	*98	950	*11.24	6.72	*441.5	*14885	*34.31	*42	39.35	126.98	18.56	*4.08	*0.89
% of Calories										*20.3%	19.2%	61.9%	20.4%	*4.5%	*1.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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)
Mon - 02/19/2018															
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 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*
	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	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	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,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
	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
	Tomato Soup	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	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*
	Weighted Daily Average	856	*57	1396	*13.74	3.71	*418.8	*3924	*55.68	*21	31.72	114.44	31.33	*7.91	*0.00
	% of Calories									*9.8%	14.8%	53.5%	32.9%	*8.3%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/20/2018															
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
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*
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,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
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
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		758	*56	752	*18.25	*7.42	*471.6	*6310	*77.39	*26	*42.08	115.21	16.08	*4.34	*0.00
% of Calories										*13.6%	*22.2%	60.8%	19.1%	*5.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/21/2018															
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
	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	SERVINGS	229	30	982	0.60	0.73	427.0	641	0.0	*N/A*	16.01	16.0	11.62	6.67
	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
	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*
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	Yogurt, Nonfat, Fortified	4 oz.	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00
	Weighted Daily Average	846	*31	1409	*12.34	5.33	*517.3	*7550	*43.66	*19	30.08	134.99	22.72	*5.87	*0.00
	% of Calories									*8.8%	14.2%	63.9%	24.2%	*6.3%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/22/2018															
Lunch 9-12	Total														
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
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
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*
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
QUICK BAKED POTATOES	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*
APPLE-HONEY CRISP	SERVINGS	173	0	72	1.46	1.45	17.4	255	1.02	*14	1.92	28.47	6.17	1.24	*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
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
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
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*
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
LIMA BEANS: canned, cooked	1/2 CUP	105	0	14	4.59	2.08	27.2	258	8.59	1	5.79	20.09	0.27	0.06	0.00
Weighted Daily Average		820	*66	1219	*11.09	6.41	*394.7	*5874	*33.05	*24	35.64	114.54	25.62	*5.70	*0.01
% of Calories										*11.7%	17.4%	55.9%	28.1%	*6.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 02/23/2018															
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
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
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*
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*
Vegetable Sticks	1/2 cup	22	0	25	1.65	0.44	25.1	980	41.62	*1	1.49	4.59	0.21	0.06	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
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
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
Scalloped Tomatoes	3/4 cup	140	0	353	1.94	0.90	46.4	833	7.58	*2	2.79	11.46	9.33	1.77	*1.60

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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)
Weighted Daily Average		760	*29	1422	*10.55	7.06	*866.1	*9651	*72.13	*31	35.66	101.28	26.30	*9.97	*0.49
% of Calories										*16.5%	18.8%	53.3%	31.2%	*11.8%	*0.6%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 02/26/2018															
	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)
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
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
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*
Chili Sauce, Hot Dog	1 oz.	89	25	126	0.11	0.82	7.9	97	0.36	2	6.87	2.86	5.48	2.08	*0.31
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
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
Boiled Spuds with Butter	1/2 cup	70	0	307	1.95	0.35	40.1	112	11.69	1	1.02	13.71	0.09	0.01	*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
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
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
SPINACH: frozen,boiled	1/2 CUP	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	*64	1420	*11.02	5.80	*494.5	*5679	*33.99	*32	33.70	108.22	23.45	*6.42	*0.19
% of Calories										*17.0%	17.8%	57.2%	27.9%	*7.6%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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)	
Tue - 02/27/2018																
Lunch 9-12																
	Total															
	Chicken Filet/WG Bun	370	65	790	4.00	3.60	140.0	100	0.0	4	27.0	41.0	10.5	2.00	0.00	
	Fish Sandwich, WG Bun	330	50	490	5.00	2.52	120.0	0	0.0	3	20.0	42.0	9.5	1.50	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 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*	4.0	32.0	4.0	*N/A*	*N/A*	
	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
	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
	French Fries, G7, X-13, Oven	1/2 cup	129	0	152	2.28	0.55	*N/A*	*N/A*	*N/A*	2.28	19.0	4.56	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
	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 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
	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*
	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	806	*72	1419	*11.98	5.80	*507.9	*5027	*46.15	*31	39.21	115.49	21.94	*3.47	*0.00	
	% of Calories									*15.6%	19.5%	57.3%	24.5%	*3.9%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 - 02/28/2018															
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*
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*
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
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
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,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
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 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
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
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		849	*86	1276	*11.80	5.67	*440.4	*15605	*30.79	*36	30.96	131.14	25.02	*7.14	*0.00
% of Calories										*17.0%	14.6%	61.8%	26.5%	*7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		807	*60	1292	*12.33	*5.95	*546.3	*11077	*49.41	*30	*35.86	*115.74	*24.40	*7.27	*0.17
										*33.4%	*17.8%	*57.4%	*27.2%	*8.1%	*0.2%

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

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	807		750 - 850	100%													
Cholesterol (mg)	60				Missing												
Sodium (mg)	1292		1420														
Fiber (g)	12.33				Missing												
Iron (mg)	5.95				Missing												
Calcium (mg)	546.3				Missing												
Vitamin A (IU)	11077				Missing												
Sugars (g)	30	14.87%			Missing												
Vitamin C (mg)	49.41				Missing												
Protein (g)	35.86	17.78%			Missing												
Carbohydrate (g)	115.74	57.40%			Missing												
Total Fat (g)	24.40	27.23%			Missing												
Saturated Fat (g)	7.27	8.11%	<10.00%		Missing												
Trans Fat ¹ (g)	0.17	0.19%			Missing												

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