

Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 01/30/2018 10:29:58 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 K-8	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
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*
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*
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
Weighted Daily Average		650	*70	1065	*8.10	4.62	*343.9	*3399	*21.10	*21	30.86	80.49	23.84	*7.93	*0.05
% of Calories										*13.1%	19.0%	49.6%	33.0%	*11.0%	*0.1%
Nutrient Guideline		600-650		1230										<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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8	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 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
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
Weighted Daily Average		649	*64	1245	*8.40	*5.02	*444.9	*10031	*30.99	*27	31.57	90.43	*19.95	*6.10	*0.25
% of Calories										*16.8%	19.4%	55.7%	*27.7%	*8.4%	*0.3%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Lunch K-8

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 - 02/05/2018															
Lunch K-8															
	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
Weighted Daily Average		651	*69	1172	*9.04	5.40	*391.3	*4009	*24.11	*20	35.05	84.81	19.98	*4.84	*0.00
% of Calories										*12.4%	21.5%	52.1%	27.6%	*6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lunch K-8

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 - 02/06/2018															
Lunch K-8	Total														
Pizza, Cheese	slice	337	*34	744	3.01	*0.48	*447.3	*315	*2.38	*N/A*	19.66	30.96	14.98	8.03	*0.00
Pizza, Ham	slice	326	*34	791	3.01	*0.46	*391.4	*276	*2.38	*N/A*	19.14	31.32	13.78	7.17	*0.00
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,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
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		651	*42	1187	*9.45	*2.83	*671.0	*4570	*48.21	*18	31.93	*90.64	19.97	*8.19	*0.00
% of Calories										*10.9%	19.6%	*55.7%	27.6%	*11.3%	*0.0%
Nutrient Guideline		600-650		1230										<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 K-8	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
Weighted Daily Average		681	*64	753	*12.17	*4.85	*334.3	*13414	*17.24	*29	32.10	98.89	18.23	*4.80	*0.00
% of Calories										*17.1%	18.9%	58.1%	24.1%	*6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Thu - 02/08/2018															
Lunch K-8	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
Weighted Daily Average		651	*19	1004	*8.90	6.19	*587.9	*3580	*38.12	*27	29.01	82.59	24.96	*7.46	*0.00
% of Calories										*16.5%	17.8%	50.7%	34.5%	*10.3%	*0.0%
Nutrient Guideline		600-650		1230										<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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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)
Fri - 02/09/2018															
Lunch K-8	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															
Weighted Daily Average		644	*43	1221	*8.48	*4.74	*689.9	*14886	*30.80	*25	30.43	92.66	18.15	*7.74	*0.14
% of Calories										*15.7%	18.9%	57.6%	25.4%	*10.8%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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)
Mon - 02/12/2018															
Lunch K-8															
	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*
Weighted Daily Average		649	*35	958	*8.78	*2.58	*291.8	*2498	*25.38	*15	28.86	88.92	22.12	*7.65	*0.00
% of Calories										*9.0%	17.8%	54.8%	30.7%	*10.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 - 02/13/2018															
Lunch K-8															
	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
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 & 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
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
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
Weighted Daily Average		652	*46	1110	*9.26	5.10	*351.3	*2375	*15.44	*27	27.56	94.64	20.36	*5.02	*0.31
% of Calories										*16.5%	16.9%	58.0%	28.1%	*6.9%	*0.4%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8															
	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
Weighted Daily Average		659	*86	998	*8.34	4.88	*369.3	*2807	*36.19	*18	28.97	87.57	22.42	*7.47	*0.20
% of Calories										*10.9%	17.6%	53.2%	30.6%	*10.2%	*0.3%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8															
	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
Weighted Daily Average		646	*61	1226	*7.92	5.88	*574.9	*6265	*37.68	*22	34.75	75.47	24.39	*11.21	*0.31
% of Calories										*13.5%	21.5%	46.7%	34.0%	*15.6%	*0.4%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8	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		652	*84	759	*8.31	5.16	*334.8	*8080	*21.77	*31	33.19	97.67	15.36	*3.54	*0.53
% of Calories										*19.0%	20.3%	59.9%	21.2%	*4.9%	*0.7%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 - 02/19/2018															
Lunch K-8															
	Total														
Fish/Cheese Sandwich	1 each	364	58	660	5.00	2.55	195.0	134	0.0	4	22.49	43.5	11.5	2.75	*0.00
Pork Rib, Honey BBQ Sandwich	1 each	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	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*
CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
PICKLES,CUCUMBER,DILL	7 SLICE	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
ONIONS,RAW	1 TBSP	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
Chili Roasted Fries	1/2 cup	264	0	239	5.35	0.67	4.3	154	14.09	*0	1.79	33.82	13.18	2.42	*0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
SALAD,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
Weighted Daily Average		657	*53	1159	*9.98	2.91	*328.0	*2842	*27.38	*16	27.05	84.70	24.45	*6.65	*0.00
% of Calories										*9.5%	16.5%	51.6%	33.5%	*9.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8	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
Weighted Daily Average		653	*57	612	*13.44	*6.46	*352.7	*4721	*52.48	*21	*36.63	96.91	14.31	*4.30	*0.00
% of Calories										*12.7%	*22.4%	59.4%	19.7%	*5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8															
	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
	Weighted Daily Average		649	*28	1093	*9.19	4.07	*329.9	*3573	*27.74	*17	23.97	95.77	20.65	*5.76
	% of Calories										*10.3%	14.8%	59.0%	28.6%	*8.0%
	Nutrient Guideline		600-650		1230										<10.00

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 - 02/22/2018															
Lunch K-8	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
Weighted Daily Average		651	*63	1055	*8.20	4.61	*296.5	*1718	*19.35	*19	30.39	87.67	20.76	*4.61	*0.02
% of Calories										*11.7%	18.7%	53.9%	28.7%	*6.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 02/23/2018															
Lunch K-8	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

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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		651	*19	1004	*8.90	6.19	*587.9	*3580	*38.12	*27	29.01	82.59	24.96	*7.46	*0.00
% of Calories										*16.5%	17.8%	50.7%	34.5%	*10.3%	*0.0%
Nutrient Guideline		600-650		1230										<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 K-8	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
Weighted Daily Average		631	*53	1227	*8.68	4.80	*367.8	*2777	*29.58	*27	26.84	88.45	20.34	*5.38	*0.16
% of Calories										*17.0%	17.0%	56.1%	29.0%	*7.7%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 - 02/27/2018															
Lunch K-8															
	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
	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*
	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
	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
	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
	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
	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
	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
	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
	Weighted Daily Average	658	*65	1234	*10.09	5.05	*404.2	*3597	*22.69	*19	34.85	89.68	18.53	*3.17	*0.00
	% of Calories									*11.3%	21.2%	54.5%	25.3%	*4.3%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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 K-8															
	Total														
	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	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	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*
	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
	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
	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 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
	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
	Weighted Daily Average	653	*61	949	*8.66	4.73	*462.0	*10843	*28.40	*26	28.66	98.64	17.71	*6.12	*0.00
	% of Calories									*15.8%	17.6%	60.4%	24.4%	*8.4%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	
	Weighted Average	652	*54	1051	*9.21	*4.80	*425.7	*5478	*29.64	*22	*30.58	*89.46	*20.57	*6.27	*0.10
										*31.1%	*18.8%	*54.9%	*28.4%	*8.7%	*0.1%

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch K-8

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)
Calories	652		600 - 650	100%					2	Correction Required - Calories too High							
Cholesterol (mg)	54					Missing											
Sodium (mg)	1051		1230														
Fiber (g)	9.21					Missing											
Iron (mg)	4.80					Missing											
Calcium (mg)	425.7					Missing											
Vitamin A (IU)	5478					Missing											
Sugars (g)	22	13.80%				Missing											
Vitamin C (mg)	29.64					Missing											
Protein (g)	30.58	18.77%				Missing											
Carbohydrate (g)	89.46	54.90%				Missing											
Total Fat (g)	20.57	28.40%				Missing											
Saturated Fat (g)	6.27	8.66%	<10.00%			Missing											
Trans Fat ¹ (g)	0.10	0.14%				Missing											

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