

# Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 08/03/2020 1:25:44 PM

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Tue - 08/11/2020																
Lunch K-8	Total	1														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230											<10.00

Thu - 08/13/2020																
Lunch K-8	Total	1														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230											<10.00

Fri - 08/14/2020																
Lunch K-8	Total	1														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230											<10.00

Mon - 08/17/2020																
Lunch K-8	Total	1300														
Corn Dogs, Chicken, WG	4 oz.	600	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Lunchable Pepperoni Pizza	4.5 oz.	660	329	39	789	4.04	*3.71	*263.5	*865	*0.0	7	17.64	37.44	12.67	4.57	0.20
SALAD,CHEF: Ham & Cheese	1 EACH	20	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	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	10	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Saltines, Whole Wheat 20-21	39 grams	20	180	0	390	0.00	2.16	0.0	0	0.0	0	6.0	27.0	4.5	0.00	0.00
Parmesan Potato Wedges	1/2 cup	1300	120	0	190	1.95	*0.08	*10.8	*2	*0.0	*0	2.5	16.15	4.79	1.29	*0.00
Fruit Cup, Assorted	1/2 cup	500	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	800	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	1200	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

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

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Aug 11, 2020 thru Aug 31, 2020

## Base Menu Spreadsheet

Lunch K-8

### Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average			589	*45	942	8.75	*3.41	*479.4	*1152	*13.28	*20	24.44	87.52	15.99	*5.20	*0.10
% of Calories											*13.8%	16.6%	59.4%	24.4%	*7.9%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 08/18/2020																
Lunch K-8	Total	1300														
BBQ (school made) on WG Bun	1 each	900	383	72	1019	2.34	2.03	58.5	*334	*5.12	*4	28.06	43.41	11.5	4.02	*0.00
WOWBUTTER WG Sandwich	1 each	25	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	350	319	30	1136	1.57	2.09	484.5	1622	0.01	*3	19.16	32.69	12.67	6.96	*0.02
SALAD,CHEF: Ham & Cheese	1 EACH	25	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 20-21	39 grams	25	180	0	390	0.00	2.16	0.0	0	0.0	0	6.0	27.0	4.5	0.00	0.00
French Fries, G7, X-13, Oven	1/2 cup	1000	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
CREAMY COLE SLAW	1/2 CUP	300	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
Fruit Cup, Assorted	1/2 cup	500	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	500	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	1000	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			630	*66	1315	6.07	3.06	*425.9	*1617	*18.46	*17	34.12	86.44	17.46	*5.20	*0.00
% of Calories											*11.0%	21.7%	54.9%	24.9%	*7.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 08/20/2020																
Lunch K-8	Total	1300														
PIZZA, BIG DADDY CHEESE	4.6 oz.	1050	340	30	620	2.00	3.00	250.0	400	0.0	*N/A*	20.0	39.0	12.0	4.50	0.00
CHICKEN SALAD	1/2 CUP	100	154	58	229	0.50	0.94	10.6	158	0.97	*4	18.05	5.51	7.51	1.17	*0.02
CRACKERS	8 EACH	100	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
WOWBUTTER WG Sandwich	1 each	50	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	100	319	30	1136	1.57	2.09	484.5	1622	0.01	*3	19.16	32.69	12.67	6.96	*0.02
SALAD,TOSSED: no dressing	1 CUP	1000	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	1000	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
BROCCOLI: frozen, steamed	1 cup	1100	52	0	44	5.59	1.12	94.0	1860	73.8	*N/A*	5.7	9.86	0.2	0.04	0.00
Fruit Cup, Assorted	1/2 cup	600	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	600	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	1200	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			616	*37	954	10.43	5.12	653.5	*8250	88.16	*18	34.54	86.92	17.14	*5.35	*0.01
% of Calories											*11.8%	22.4%	56.5%	25.0%	*7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**Patrick County Public Schools**

**Aug 11, 2020 thru Aug 31, 2020**

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
<b>Fri - 08/21/2020</b>																
Lunch K-8	Total	1300														
Turkey & Cheese WG Wrap	4.85	1200	285	35	870	4.76	*2.39	*172.0	*20	*3.49	7	21.97	32.12	8.05	2.75	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	25	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
CRACKERS	8 EACH	25	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
Toasted Cheese WG Sand/K-12	1 each	50	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	25	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,TOSSED: no dressing	1 CUP	1200	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	800	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Mashed Potatoes	1/2 cup	1250	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
Fruit Cup, Assorted	1/2 cup	600	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	650	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	1200	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			598	*40	1214	9.66	*4.11	*530.6	*7445	*61.71	*25	33.64	80.01	13.36	*3.73	*0.00
% of Calories											*17.0%	22.5%	53.5%	20.1%	*5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Mon - 08/24/2020</b>																
Lunch K-8	Total	1300														
Cheese Quesadilla	1 each	700	306	31	604	*4.05	*1.82	*151.9	*0	*0.0	*3	19.49	28.39	13.85	7.21	*0.00
Chicken Fajita	1 each	400	247	71	700	1.85	1.93	256.9	2555	21.09	*1	22.72	18.48	9.31	3.51	0.00
WOWBUTTER WG Sandwich	1 each	25	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	50	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	25	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
CRACKERS	8 EACH	25	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD DRESSING,Assorted	2 TBSP	500	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	1200	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Salsa, Low-sodium, Pouch	4 oz.	800	40	0	140	4.00	0.00	0.0	0	0.0	4	0.0	8.0	0.0	0.00	0.00
SOUR CRM,IMITN,CULTURED	1 oz.	500	59	0	29	0.00	0.11	0.9	0	0.0	2	0.68	1.88	5.53	5.04	*N/A*
Rice, Brown, Chicken Flavored	1/2 cup	800	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*
Sweet Glazed Carrots	1/2 cup	900	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	700	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	400	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	1100	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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**Aug 11, 2020 thru Aug 31, 2020**

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average			646	*47	1088	*11.36	*4.13	*521.7	*20628	*36.38	*30	30.86	93.47	18.24	*8.42	*0.16
% of Calories											*18.3%	19.1%	57.8%	25.4%	*11.7%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 08/25/2020																
	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Lunch K-8	Total	1300														
HOT DOG ON A BUN:turkey hot	SERVING	1000	249	35	648	1.98	2.34	116.1	*0	*0.0	5	12.43	31.41	9.27	1.81	0.36
Hot Dog Chili	1 TBSP	1000	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
Turkey & Cheese WG Sandwich	1 each	250	269	33	733	1.83	*1.46	*0.0	*0	*0.0	6	19.49	30.44	7.83	3.00	0.00
WOWBUTTER WG Sandwich	1 each	10	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD DRESSING, Assorted	2 TBSP	250	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD, CHEF: Ham & Cheese	1 EACH	5	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	750	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	200	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	900	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	1200	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	600	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	600	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	1250	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			644	*51	1091	8.87	*4.20	*444.2	*6315	*41.79	*24	27.28	93.63	19.61	*3.27	*0.27
% of Calories											*15.1%	16.9%	58.2%	27.4%	*4.6%	*0.4%
Nutrient Guideline			600-650		1230										<10.00	

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## Base Menu Spreadsheet

Lunch K-8

### Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Thu - 08/27/2020																
Lunch K-8	Total	1300														
CHICKEN AND NOODLES	1 CUP	750	239	73	116	0.96	2.11	55.2	97	0.79	*1	25.27	20.94	6.18	1.60	*0.01
Bread Stick WG Garlic	2.38 oz	800	180	0	190	2.00	1.44	*N/A*	*N/A*	*N/A*	*N/A*	6.0	30.0	6.0	0.00	0.00
Lunchable, Cheese	4.5 oz.	500	360	40	647	4.49	*0.44	*60.5	*401	*21.52	*2	20.75	36.76	16.3	8.64	0.00
WOWBUTTER WG Sandwich	1 each	20	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	20	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Cheese	1 EACH	10	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
SALAD DRESSING, Assorted	2 TBSP	600	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD, TOSSED: no dressing	1 CUP	650	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
PEAS, GREEN, LOW-SODIUM, CANNE	1/2 cup	1100	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 Cup, Assorted	1/2 cup	600	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	500	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	1250	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			660	*64	800	9.46	*4.02	*404.1	*4897	*34.84	*17	39.56	93.46	17.38	*5.14	*0.01
% of Calories											*10.5%	24.0%	56.6%	23.7%	*7.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 08/28/2020																
Lunch K-8	Total	1300														
LASAGNA WITH GROUND BEEF	SERVINGS	900	282	39	326	2.60	2.96	301.4	849	9.43	*3	18.68	27.87	10.24	5.58	*0.25
Rolls, WG, Yeast, 2 oz.	2 oz.	900	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Ham & Cheese Sandwich	1 each	350	263	33	751	1.83	*1.46	*0.0	*0	*0.0	7	16.49	31.44	8.83	4.00	0.00
WOWBUTTER WG Sandwich	1 each	20	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	20	319	30	1136	1.57	2.09	484.5	1622	0.01	*3	19.16	32.69	12.67	6.96	*0.02
SALAD,CHEF: Ham & Cheese	1 EACH	10	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	1000	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD, TOSSED: no dressing	1 CUP	1000	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	300	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
CORN, SEASONED, canned	1/2 CUP	1250	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Fruit Cup, Assorted	1/2 cup	650	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	600	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	1250	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			707	*46	1034	9.93	*5.80	*569.5	*7573	*41.09	*26	33.84	107.57	17.86	*6.38	*0.18
% of Calories											*14.7%	19.1%	60.9%	22.7%	*8.1%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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# Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Mon - 08/31/2020																
Lunch K-8	Total	1300														
Cheese Sticks, Farm Rich	5 sticks	900	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
Lunchable Pepperoni Pizza	4.5 oz.	350	329	39	789	4.04	*3.71	*263.5	*865	*0.0	7	17.64	37.44	12.67	4.57	0.20
WOWBUTTER WG Sandwich	1 each	10	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	30	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Cheese	1 EACH	10	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
SALAD DRESSING, Assorted	2 TBSP	1100	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD, TOSSED: no dressing	1 CUP	1200	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Pizza Sauce	1/2 cup	500	40	0	500	2.00	1.44	0.0	0	9.6	*N/A*	2.0	10.0	0.0	0.00	0.00
ORANGE GLAZED SWEET POTATOES	1/2 CUP	800	181	0	86	3.24	1.07	28.4	9682	22.69	*15	1.57	35.58	4.0	0.82	*0.00
Fruit Cup, Assorted	1/2 cup	600	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	500	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	1250	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			723	*35	1049	9.76	*3.61	*446.2	*13569	*45.10	*28	30.63	102.44	23.71	*7.71	*0.05
% of Calories											*15.5%	16.9%	56.6%	29.5%	*9.6%	*0.1%
Nutrient Guideline			600-650		1230											<10.00
Weighted Average			646	*48	1054	*9.36	*4.16	*497.2	*7938	*42.31	*23	32.10	92.38	17.86	*5.60	*0.09
											*32.0%	19.9%	57.2%	24.9%	*7.8%	*0.1%

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# Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	646		600 - 650		100%												
Cholesterol (mg)	48					Missing											
Sodium 1 (mg)	1054			1230													
Sodium 2 (mg)	1054			935					119	Correction Required - Sodium too High							
Fiber (g)	9.36					Missing											
Iron (mg)	4.16					Missing											
Calcium (mg)	497.2					Missing											
Vitamin A (IU)	7938					Missing											
Sugars (g)	23	14.20%				Missing											
Vitamin C (mg)	42.31					Missing											
Protein (g)	32.10	19.88%															
Carbohydrate (g)	92.38	57.21%															
Total Fat (g)	17.86	24.89%															
Saturated Fat (g)	5.60	7.80%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.09	0.12%				Missing											

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