

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Wed - 11/01/2017															
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
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*
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
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
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
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
GREAT NORTHERN BEANS, CANNED	1/2 cup	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Weighted Daily Average		2416	*136	4844	*35.71	*17.55	*2377.8	*14261	*121.30	*59	123.28	293.77	88.88	*31.10	*0.01
% of Calories										*9.7%	20.4%	48.6%	33.1%	*11.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Thu - 11/02/2017															
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
Asian Chicken	1/2 cup	109	48	771	*0.08	*0.48	*2.0	*65	*1.44	*0	*19.28	5.34	1.21	*0.00	*0.00
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*
Sweet Glazed Carrots	1/2 cup	96	0	83	2.43	1.12	49.6	18027	4.41	*12	1.05	20.57	1.53	0.29	*0.23
BROCCOLI: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
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*
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,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
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
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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
Weighted Daily Average		2551	*154	4720	*31.97	*19.58	*2095.7	*33070	*126.10	*110	*118.54	336.33	89.20	*27.20	*0.27
% of Calories										*17.3%	*18.6%	52.7%	31.5%	*9.6%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Fri - 11/03/2017															
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*
CORNBREAD	SERVINGS	108	13	151	1.00	0.90	68.0	51	0.1	*N/A*	2.65	18.03	2.82	0.45	*N/A*
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
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
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
Graham Crackers 3 pk	22 grams	90	0	100	1.00	0.72	100.0	500	0.0	4	2.0	16.0	2.5	0.00	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 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*
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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		2425	*198	4114	*32.87	*19.57	*1790.2	*28292	*66.89	*76	114.69	291.29	94.11	*24.76	*0.01
% of Calories										*12.5%	18.9%	48.1%	34.9%	*9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 4

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Mon - 11/06/2017															
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
	CREAMY COLE SLAW	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
	PICKLES,CUCUMBER,DILL	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
	ONIONS,RAW	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
	Chili Roasted Fries	291	0	258	5.83	0.73	4.6	163	15.37	*0	1.95	36.86	14.1	2.25	*0.02
	Cookie	106	8	99	1.34	0.60	*2.5	*20	*N/A*	*N/A*	1.51	18.03	3.45	1.10	*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
	CRACKERS	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	Toasted Cheese WG Sand/K-12	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD,CHEF: Ham & Cheese	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	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
	SALAD DRESSING,Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Tartar Sauce	25	5	115	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
	CATSUP	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	Mayonnaise, FF	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
	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
	Weighted Daily Average	2755	*196	5653	35.08	18.29	*1721.1	*8114	*179.97	*76	112.83	330.12	*114.05	*29.05	*0.04
	% of Calories									*11.0%	16.4%	47.9%	*37.3%	*9.5%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 5

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Tue - 11/07/2017															
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
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, boiled	1 CUP	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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*
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
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
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		2296	*176	3561	*37.11	*21.80	*1581.8	*8565	*170.32	*67	*125.42	282.88	79.19	*21.23	*0.01
% of Calories										*11.8%	*21.8%	49.3%	31.0%	*8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Wed - 11/08/2017															
Lunch 9-12															
	Total														
	Corn Dogs, Chicken, WG	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
	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
	Tostitos Scoops, Baked	.875	0	110	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	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	*0.00
	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
	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
	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
	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
	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
	SALAD,CHEF: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61
	Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD 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
	CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	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
	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	2392	*131	3978	*33.24	20.42	*1852.8	*6911	*67.92	*55	99.05	307.49	90.21	*29.05	*0.00
	% of Calories									*9.2%	16.6%	51.4%	33.9%	*10.9%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Thu - 11/09/2017															
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
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
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
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
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: Cheese	1 EACH	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	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
BBQ Sauce	1 oz.	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Sweet & Sour Sauce	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		2810	*180	5126	*33.27	22.94	*1951.0	*9280	*70.69	*68	129.05	348.15	105.13	*27.85	*0.16
% of Calories										*9.7%	18.4%	49.6%	33.7%	*8.9%	*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 8

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Mon - 11/13/2017															
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	1/2 cup	40	0	500	2.00	1.44	0.0	0	9.6	*N/A*	2.0	10.0	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
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
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*
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*
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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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
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
CATSUP	pkt	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		2546	*150	4750	*33.53	*18.74	*1629.7	*20431	*84.67	*58	110.74	300.32	108.68	*36.80	*0.09
% of Calories										*9.2%	17.4%	47.2%	38.4%	*13.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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 <sup>1</sup> (g)
Tue - 11/14/2017															
Lunch 9-12															
	Total														
HOT DOG ON A BUN:turkey hot	SERVING	223	35	651	1.16	2.02	126.4	0	0.0	*1	9.16	23.34	9.97	2.33	0.36
Hot Dog Chili	1 TBSP	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
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
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
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*	*N/A*	2.28	19.0	4.56	0.00	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 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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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
CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Fruit Salad	1/2 cup	56	0	9	1.59	0.15	25.5	167	9.07	*3	0.86	14.05	0.12	0.03	*0.00
Weighted Daily Average		2602	*176	4574	*32.22	21.11	*2020.0	*8057	*78.66	*77	111.44	320.36	*103.65	*28.61	*1.28
% of Calories										*11.9%	17.1%	49.2%	*35.9%	*9.9%	*0.4%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 10

Generated on: 10/26/2017 2:29:40 PM

	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 <sup>1</sup> (g)
Wed - 11/15/2017															
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
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, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Tomato Cucumber Salad II	1/2 cup	17	0	4	0.94	0.27	11.7	574	9.78	2	0.78	3.7	0.17	0.03	0.00
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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
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
CHEESE, PARMESAN, GRATED	1 TBSP	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
CATSUP	pkt	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		2572	*231	4487	*30.92	22.73	*2007.3	*15544	*120.16	*73	120.81	298.91	104.80	*32.58	*0.75
% of Calories										*11.4%	18.8%	46.5%	36.7%	*11.4%	*0.3%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Thu - 11/16/2017															
Lunch 9-12															
	Total														
BEEF WG TACO, 9-12	1 EACH	283	42	343	3.97	1.88	145.3	2103	8.46	*1	19.11	22.39	12.83	4.95	*0.50
Chicken Fajita Wrap, 9-12	1 each	305	90	934	4.16	2.15	196.0	3169	32.0	*1	26.63	25.32	11.0	3.30	*0.00
Cheese Blend for Pizza	1 ounce	83	17	174	0.00	0.06	223.7	158	0.0	*N/A*	7.07	0.69	5.73	3.76	0.00
LETTUCE & TOMATO	2 lf, 2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
SALSA:COMMODITY	1/2 OZ	5	0	61	0.20	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	*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*
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	1/2 CUP	58	8	93	0.66	0.36	118.1	113	1.07	*0	4.56	2.7	2.76	1.81	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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
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
CATSUP	pkt	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		2545	*235	4517	*28.72	19.20	*2512.2	*21561	*115.51	*65	136.07	258.87	112.43	*44.64	*0.58
% of Calories										*10.2%	21.4%	40.7%	39.8%	*15.8%	*0.2%
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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Fri - 11/17/2017															
Lunch 9-12															
	Total														
Sausage Patty, Advance Pierre	2 patties	140	50	520	0.00	0.72	40.0	0	0.0	*N/A*	14.0	0.0	10.0	3.00	0.00
Gravy, Country White, Peppered	1/2 cup	70	0	280	0.00	0.00	0.0	0	0.0	2	0.0	10.0	4.0	2.00	0.00
CHICKEN AND NOODLES	1 CUP	244	75	186	0.80	1.89	63.0	128	0.9	*N/A*	21.89	21.31	7.52	1.87	*N/A*
BISCUITS, DOUGH, SOUTHERN STYL	2.2 oz.	193	1	602	0.60	1.20	14.7	2	0.0	0	4.3	22.9	9.5	2.40	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
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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
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
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
CATSUP	pkt	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		2430	*195	4583	*26.56	18.73	*1865.7	*30002	*72.07	*75	117.29	287.85	96.84	*28.37	*0.00
% of Calories										*12.3%	19.3%	47.4%	35.9%	*10.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Mon - 11/20/2017															
Lunch 9-12	Total														
SALISBURY STEAK	SERVINGS	186	63	156	0.80	2.00	40.0	47	0.5	*N/A*	16.67	5.95	10.18	4.22	*N/A*
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
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
Corn Salad	1/2 cup	44	*0	166	1.61	0.43	10.0	299	16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
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
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
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
SALSA: COMMODITY	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*
Weighted Daily Average		2486	*172	4561	*32.76	23.42	*2345.7	*32988	*94.52	*74	119.80	302.84	*93.79	*32.29	*0.23
% of Calories										*11.9%	19.3%	48.7%	*34.0%	*11.7%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Tue - 11/21/2017															
Lunch 9-12															
	Total														
HAM,SLICED,EX LN	2.44 oz	69	28	885	0.00	0.40	3.5	0	0.0	0	11.69	0.38	2.35	0.46	0.01
TURKEY ROAST, LIGHT & DARK MEA	3.82 oz.	153	57	573	0.00	0.68	0.0	0	0.0	*N/A*	19.1	0.0	6.27	2.06	0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Stuffing Mix	1/2 cup	119	0	395	0.75	1.08	17.9	405	0.01	*0	2.3	15.11	7.04	1.13	*0.00
Mashed Potatoes	1/2 cup	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
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
CRANBERRY SAUCE: canned,swt	1/2 CUP	220	0	7	1.52	0.57	4.2	46	1.39	44	1.25	55.95	0.21	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,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
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: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
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
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
CATSUP	pkt	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		2359	*170	5051	*26.02	18.72	*1761.9	*15338	*115.70	*98	113.38	285.71	85.68	*22.74	*0.01
% of Calories										*16.5%	19.2%	48.4%	32.7%	*8.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 15

Generated on: 10/26/2017 2:29:41 PM

	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 <sup>1</sup> (g)
Wed - 11/22/2017															
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
	LETTUCE & TOMATO	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
	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
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	Toasted Cheese WG Sand/K-12	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD, CHEF: Cheese	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	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
	Graham Crackers 3 pk	90	0	100	1.00	0.72	100.0	500	0.0	4	2.0	16.0	2.5	0.00	0.00
	Mayonnaise, FF	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
	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
	CATSUP	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	SALAD DRESSING, Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Weighted Daily Average	2179	*134	3944	*26.33	18.58	*1949.3	*16316	*68.30	*66	103.52	269.25	*81.33	*20.73	*0.00
	% of Calories									*12.2%	19.0%	49.4%	*33.6%	*8.6%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 16

Generated on: 10/26/2017 2:29:41 PM

	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 <sup>1</sup> (g)
Mon - 11/27/2017															
Lunch 9-12															
	Total SERVING	223	35	651	1.16	2.02	126.4	0	0.0	*1	9.16	23.34	9.97	2.33	0.36
	Hot Dog Chili	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
	BBQ (school made) on WG Bun	1 each	452	72	742	3.51	3.01	117.7	341	*2	23.67	41.97	21.14	6.94	*0.00
	CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	*4	0.97	6.8	5.73	0.59	*0.00
	ONIONS,RAW	1 TBSP	4	0	0	0.17	0.02	2.3	0	0	0.11	0.93	0.01	0.00	0.00
	BAKED BEANS (VEGETARIAN)	2/3 cup	181	0	297	5.76	1.77	60.0	230	*13	6.73	42.5	0.65	0.11	*0.00
	Honey Dilled Carrots	1/2 cup	66	*0	188	*2.96	*0.96	*33.4	14176	*3	0.67	11.85	2.06	0.49	*0.09
	SALAD, TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	2	1.49	4.63	0.27	0.04	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
	Toasted Cheese WG Sand/K-12	1 each	292	*30	1127	2.00	3.96	621.2	*182	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD,CHEF: Cheese	1 EACH	177	32	430	1.47	0.66	539.0	4889	*2	16.52	4.75	10.57	6.61	0.00
	Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	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	*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	*4	8.08	20.54	0.39	0.26	*0.00
	SALAD DRESSING, Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	*1	0.61	2.08	4.68	0.65	*0.00
	Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0	0.19	0.29	0.17	0.01	0.00
	CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	2	0.09	2.47	0.01	0.00	0.00
	BBQ Sauce	1 oz.	40	0	230	0.00	0.00	0.0	0	*N/A*	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average		2645	*192	5152	*33.85	*21.79	*2069.4	*29563	*97.79	*79	114.54	329.03	*104.26	*29.62	*0.45
% of Calories										*12.0%	17.3%	49.8%	*35.5%	*10.1%	*0.2%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 17

Generated on: 10/26/2017 2:29:41 PM

	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 <sup>1</sup> (g)
Tue - 11/28/2017															
Lunch 9-12															
	Total														
	Cheesy Burger / Bun	340	40	693	3.70	3.00	159.5	216	10.4	7	17.3	34.3	14.5	6.50	0.00
	Chicken Fajita Wrap, 9-12	305	90	934	4.16	2.15	196.0	3169	32.0	*1	26.63	25.32	11.0	3.30	*0.00
	SALSA:COMMODITY	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
	LETTUCE & TOMATO	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
	PICKLES,CUCUMBER,DILL	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
	French Fries, G7, X-13, Oven	129	0	152	2.28	0.55	*N/A*	*N/A*	*N/A*	*N/A*	2.28	19.0	4.56	0.00	0.00
	MIXED VEGETABLES:Seasoned	111	0	78	4.99	0.93	28.3	5100	3.63	5	3.24	16.01	3.81	0.62	*0.00
	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
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	Toasted Cheese WG Sand/K-12	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD,CHEF: Cheese	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	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
	BANANA BREAD SQUARES	73	9	40	0.38	0.44	16.2	15	0.55	*6	1.2	12.52	2.13	0.74	*0.00
	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
	Mayonnaise, FF	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	CATSUP	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	2595	*207	5682	*36.64	23.45	*2150.9	*24901	*120.54	*77	124.84	309.51	*100.14	*29.96	*0.00
	% of Calories									*11.9%	19.2%	47.7%	*34.7%	*10.4%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Patrick County Public Schools**

**Nov 1, 2017 thru Nov 30, 2017**

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 <sup>1</sup> (g)
Wed - 11/29/2017															
Lunch 9-12															
	Total														
	SPAGHETTI AND MEAT SAUCE	322	126	312	2.98	3.94	42.2	6	5.36	*N/A*	21.23	34.22	10.71	4.39	*N/A*
	Cheese Sticks, Farm Rich	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	40	0	500	2.00	1.44	0.0	0	9.6	*N/A*	2.0	10.0	0.0	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
	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
	Tomato Cucumber Salad II	17	0	4	0.94	0.27	11.7	574	9.78	2	0.78	3.7	0.17	0.03	0.00
	GREAT NORTHERN BEANS, CANNED	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
	WOW & Grape Jelly Sandwich	572	0	441	8.03	5.42	150.5	*N/A*	*N/A*	21	19.06	55.17	32.1	6.02	0.00
	Toasted Cheese WG Sand/K-12	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	SALAD, CHEF: Cheese	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	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
	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
	CATSUP	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	CHEESE, PARMESAN, GRATED	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
	Weighted Daily Average	2566	*226	4579	*34.92	*21.72	*1872.3	*14003	*93.61	*59	127.92	315.16	96.57	*31.66	*0.05
	% of Calories									*9.2%	19.9%	49.1%	33.9%	*11.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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 <sup>1</sup> (g)
Thu - 11/30/2017															
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
	1 each	234	31	953	4.00	2.30	154.2	0	0.0	*3	18.04	26.52	6.29	1.46	0.01
	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
	2.21 oz.	96	0	88	2.21	0.27	1.5	44	5.89	*N/A*	0.74	14.0	3.68	0.74	0.00
	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
	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
	1 each	292	*30	1127	2.00	3.96	621.2	*182	0.0	*0	20.15	30.05	11.11	*5.06	*0.00
	1 EACH	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
	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*
	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
	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
	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	1/2 CUP	134	6	173	1.95	0.66	33.1	353	49.03	*2	2.05	15.58	7.94	1.07	*0.00
	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
	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
	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	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
	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		2638	*172	5314	*33.46	20.91	*1935.1	*14238	*119.36	*67	116.58	321.56	103.74	*26.11	*0.01
% of Calories										*10.2%	17.7%	48.8%	35.4%	*8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		2516	*181	4694	*32.38	*20.49	*1973.2	*18496	*104.42	*73	*117.88	304.70	*97.51	*29.18	*0.21
										*26.0%	*18.7%	48.4%	*34.9%	*10.4%	*0.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 20

Generated on: 10/26/2017 2:29:41 PM

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	2516		750 - 850	296%			1666	Correction Required - Calories too High									
Cholesterol (mg)	181				Missing												
Sodium (mg)	4694		1420				3274	Correction Required - Sodium too High									
Fiber (g)	32.38				Missing												
Iron (mg)	20.49				Missing												
Calcium (mg)	1973.2				Missing												
Vitamin A (IU)	18496				Missing												
Sugars (g)	73	11.55%			Missing												
Vitamin C (mg)	104.42				Missing												
Protein (g)	117.88	18.74%			Missing												
Carbohydrate (g)	304.70	48.44%															
Total Fat (g)	97.51	34.88%			Missing												
Saturated Fat (g)	29.18	10.44%	<10.00%		Missing			Correction Required - Sat. Fat too High									
Trans Fat <sup>1</sup> (g)	0.21	0.07%			Missing												

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.