

Parkway School District

Dec 1, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Elementary Brkfst-box meals

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/01/2020																
Elementary Brkfst-box meals	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast Boat Tur Saus	3.20	50	200	45	320	2.00	1.44	150.0	200	0.0	4	9.0	26.0	7.0	2.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Craisins dried	1 oz	2500	92	0	0	0.94	0.19	0.0	0	0.0	*N/A*	0.0	22.68	0.0	0.00	*N/A*
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			101	1	8	0.94	0.21	2.9	4	6.86	*2	0.36	24.57	0.13	0.05	*0.00
% of Calories											*7.9%	1.4%	97.7%	1.2%	0.4%	*0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Wed - 12/02/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Honey Bun	1 EACH	50	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			79	0	8	2.62	0.25	14.5	126	20.84	14	1.01	19.81	0.45	0.13	0.00
% of Calories											70.7%	5.1%	100.5%	5.1%	1.4%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Thu - 12/03/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Blueberry-Otis	2.25 oz	500	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	1	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Scooby Snacks	25 g	2200	70	0	30	4.00	0.00	0.0	40	60.0	8	0.0	21.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Parkway School District

Dec 1, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Elementary Brkfst-box meals

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Weighted Daily Average			116	7	82	3.72	0.22	8.0	35	60.00	12	0.80	27.49	1.81	0.40	0.00
% of Calories											42.3%	2.8%	95.0%	14.0%	3.1%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Fri - 12/04/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cinnamon Toast Crunch filled	2.36 oz	1	250	5	280	2.00	1.44	20.0	100	0.0	14	6.0	40.0	8.0	2.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			74	0	3	2.55	0.21	13.6	125	20.84	14	0.90	19.09	0.23	0.05	0.00
% of Calories											74.5%	4.9%	103.6%	2.8%	0.6%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Mon - 12/07/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes Mini 8ct Pillsbury	pkg	50	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			77	0	7	2.59	0.22	14.4	125	20.84	*14	0.98	19.67	0.33	0.06	0.00
% of Calories											*71.3%	5.1%	102.2%	3.8%	0.7%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<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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	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 ¹ (g)
Tue - 12/08/2020																
Elementary Brkfst-box meals	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Craisins dried	1 oz	2500	92	0	0	0.94	0.19	0.0	0	0.0	*N/A*	0.0	22.68	0.0	0.00	*N/A*
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			203	0	104	1.83	1.15	47.1	*125	*7.68	*3	2.00	41.97	3.23	0.82	*0.00
% of Calories											*5.0%	3.9%	82.9%	14.3%	3.7%	*0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Wed - 12/09/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Honey Bun	1 EACH	50	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			79	0	8	2.62	0.25	14.5	126	20.84	14	1.01	19.81	0.45	0.13	0.00
% of Calories											70.7%	5.1%	100.5%	5.1%	1.4%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Thu - 12/10/2020																
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Blueberry-Otis	2.25 oz	500	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	1	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Scooby Snacks	25 g	2200	70	0	30	4.00	0.00	0.0	40	60.0	8	0.0	21.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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

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Elementary Brkfst-box meals

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Weighted Daily Average			116	7	82	3.72	0.22	8.0	35	60.00	12	0.80	27.49	1.81	0.40	0.00
% of Calories											42.3%	2.8%	95.0%	14.0%	3.1%	0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Fri - 12/11/2020																
	Portion Size	Reimb Qty	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)
Elementary Brkfst-box meals	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			198	0	136	3.71	1.80	65.1	*316	*23.03	*17	3.02	41.14	3.72	0.88	*0.00
% of Calories											*33.8%	6.1%	82.9%	16.9%	4.0%	*0.0%
Nutrient Guideline			350-500		540	4.00								<=35.0	<10.00	

Weighted Average			116	2	49	2.70	0.50	20.9	*113	*26.77	*11	1.21	26.78	1.35	0.32	*0.00
											*87.3%	4.2%	92.6%	10.5%	2.5%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	116		350 - 500	33%		234		Correction Required - Calories are Low										
Cholesterol (mg)	2																	
Sodium 1 (mg)	49		540															
Sodium 2 (mg)	49		485															
Fiber (g)	2.70		4.00	68%		1.30		Correction Required - Fiber is Low										
Iron (mg)	0.50																	
Calcium (mg)	20.9																	
Vitamin A (IU)	113					Missing												
Sugars (g)	11	38.82%				Missing												
Vitamin C (mg)	26.77					Missing												
Protein (g)	1.21	4.18%																
Carbohydrate (g)	26.78	92.59%																
Total Fat (g)	1.35	10.50%	<=35.00%															
Saturated Fat (g)	0.32	2.52%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				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

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.