

Parkway School District

Jun 1, 2021 thru Jun 4, 2021

Base Menu Spreadsheet

Parkway Breakfast

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 - 06/01/2021																
Parkway Breakfast	Total	1														
Pancakes Mini 8ct Pillsbury	pkg	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	37	0	7	0.00	0.00	3.3	0	12.4	8	0.33	9.0	0.0	0.00	0.00
Milk 1% PFD	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Kelloggs Pop Tart	50 g	1	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	1	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Muffin Blueberry-Otis	2.25 oz	1	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
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Cheese Cream Fat Free	2 Oz	1	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Cereal Variety-parkway	1 oz	1	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Weighted Daily Average % of Calories			1813	107	2405	15.26	10.88	1065.2	*17773	*38.81	*126 *27.7%	52.21 11.5%	298.55 65.9%	49.80 24.7%	13.39 6.6%	*0.00 *0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Wed - 06/02/2021																
Parkway Breakfast	Total	1														
Honey Bun	1 EACH	1	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	37	0	7	0.00	0.00	3.3	0	12.4	8	0.33	9.0	0.0	0.00	0.00
Milk 1% PFD	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Kelloggs Pop Tart	50 g	1	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	1	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Muffin Blueberry-Otis	2.25 oz	1	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
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Cheese Cream Fat Free	2 Oz	1	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Cereal Variety-parkway	1 oz	1	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	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.

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.

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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			1757	102	2470	16.53	12.12	1034.8	*17723	*38.81	*116	53.61	268.78	55.65	16.71	*0.00
% of Calories											*26.3%	12.2%	61.2%	28.5%	8.6%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Thu - 06/03/2021																
	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)
Parkway Breakfast Managers Choice	Total	1														
	1 Each	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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Weighted Average			1785	104	2437	15.89	11.50	1050.0	*17748	*38.81	*121	52.91	283.66	52.73	15.05	*0.00
											*60.8%	11.9%	63.6%	26.6%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1785		350 - 500	357%			1285	Correction Required - Calories too High
Cholesterol (mg)	104		75	139%				Correction Required - Cholesterol too High
Sodium 1 (mg)	2437		540				1897	Correction Required - Sodium too High
Sodium 2 (mg)	2437		485				1952	Correction Required - Sodium too High
Fiber (g)	15.89		4.00	397%				
Iron (mg)	11.50		2.50	460%				
Calcium (mg)	1050.0		200.00	525%				
Vitamin A (IU)	17748		792	2241%	Missing			
Sugars (g)	121	27.02%			Missing			
Vitamin C (mg)	38.81		11.25	345%	Missing			
Protein (g)	52.91	11.86%	6.67	793%				
Carbohydrate (g)	283.66	63.57%	79.00					
Total Fat (g)	52.73	26.59%	<=30.00%					
Saturated Fat (g)	15.05	7.59%	<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

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