

Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Mon - 03/02/2020																
Parkway Breakfast	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*
Breakfast WGChs Tur Saus EggIW	2.81 oz	1700	200	45	360	2.00	5.40	100.0	300	3.6	1	9.0	22.0	10.0	5.00	0.00
SYRUP,PANCAKE	1 TBSP	1000	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	800	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Yogurt, Assorted, Deans	6 oz	50	480	15	250	0.00	0.00	1500.0	3000	1.2	77	15.0	91.0	4.5	3.00	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Choc Skim PFD	8 oz	1600	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	600	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			521	37	581	5.21	5.66	386.9	*1238	*26.44	*44	16.94	92.25	11.45	4.55	*0.00
% of Calories											*33.9%	13.0%	70.8%	19.8%	7.9%	*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	

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 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 ¹ (g)
Tue - 03/03/2020																
Parkway Breakfast	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*
Egg & Cheese on English Muff	1 each	1780	94	124	375	0.00	0.35	95.4	346	0.0	*0	5.45	0.97	7.47	3.50	0.00
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
Yogurt, Assorted, Deans	6 oz	50	480	15	250	0.00	0.00	1500.0	3000	1.2	77	15.0	91.0	4.5	3.00	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Skim pkwy	8 oz	1625	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Choc Skim PFD	8 oz	1000	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	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
Weighted Daily Average			393	92	577	3.67	2.14	428.5	*1209	*23.79	*35	15.31	62.67	9.60	3.50	*0.00
% of Calories											*36.0%	15.6%	63.8%	22.0%	8.0%	*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	

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 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 ¹ (g)
Wed - 03/04/2020																
Parkway Breakfast	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	1700	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
SYRUP,PANCAKE	1 TBSP	1000	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	800	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Chocolate 1%	8 oz	1600	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk 1% Strawberry	8 oz	600	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			531	14	475	5.21	2.48	306.2	*1204	*23.39	*47	13.30	101.63	10.16	2.76	*0.00
% of Calories											*35.3%	10.0%	76.5%	17.2%	4.7%	*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	

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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 ¹ (g)
Thu - 03/05/2020																
Parkway Breakfast	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*
Burrito, Sausage, Egg & Cheese	3.5 oz	1800	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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
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
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	100	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			388	36	423	5.54	2.20	233.9	*1197	*37.55	*39	13.89	65.29	9.04	3.95	*0.00
% of Calories											*39.8%	14.3%	67.2%	20.9%	9.2%	*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	

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	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)
Fri - 03/06/2020																
Parkway Breakfast	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*
Rolls, Cinnamon Redibake	2.5 oz	1800	220	40	240	2.00	1.80	40.0	200	4.8	16	5.0	36.0	7.0	2.00	0.00
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
Yogurt, Assorted, Deans	6 oz	50	480	15	250	0.00	0.00	1500.0	3000	1.2	77	15.0	91.0	4.5	3.00	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	375	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			488	37	488	5.04	3.14	296.0	*1207	*25.93	*47	13.14	88.12	10.88	3.42	*0.00
% of Calories											*38.8%	10.8%	72.2%	20.1%	6.3%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Mon - 03/09/2020																
Parkway Breakfast	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*
Crescent Choc Filled Pillsbury	65 g	1	240	0	270	3.00	1.80	20.0	0	0.0	11	6.0	37.0	8.0	1.50	0.00
SYRUP,PANCAKE	1 TBSP	1000	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	800	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Chocolate 1%	8 oz	1600	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	600	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			404	10	346	3.85	1.99	290.9	*1144	*23.97	*45	10.58	79.08	6.17	2.06	*0.00
% of Calories											*44.1%	10.5%	78.4%	13.8%	4.6%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Tue - 03/10/2020																
Parkway Breakfast	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*
Breakfast Burrito Egg Chs Baco	3.40 oz eac	1700	212	70	319	3.00	1.80	150.0	300	3.6	0	11.0	22.0	9.0	4.00	0.00
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Skim pkwy	8 oz	1600	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	600	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			471	55	520	5.89	3.21	420.7	*1112	*27.38	*33	18.04	76.36	11.26	4.18	*0.00
% of Calories											*28.4%	15.3%	64.9%	21.5%	8.0%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Wed - 03/11/2020																
Parkway Breakfast	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*
Honey Bun	1 EACH	1800	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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	2000	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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Chocolate 1%	8 oz	1500	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk 1% Strawberry	8 oz	50	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk 1% PFD	8 oz	75	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	50	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			485	9	485	5.43	3.21	233.0	*958	*19.72	*38	12.10	82.36	13.44	4.61	*0.00
% of Calories											*31.1%	10.0%	68.0%	24.9%	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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Thu - 03/12/2020																
Parkway Breakfast	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*
Breakfast Egg Fiesta Chs Omele	2.20 oz	1700	120	175	280	0.00	0.18	1020.0	0	0.0	0	8.0	1.0	9.0	3.50	0.00
SYRUP,PANCAKE	1 TBSP	1000	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	800	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Chocolate 1%	8 oz	1600	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	600	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			485	129	536	3.85	2.11	984.5	*1144	*23.97	*45	16.02	79.74	12.28	4.44	*0.00
% of Calories											*36.7%	13.2%	65.8%	22.8%	8.2%	*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	

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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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Fri - 03/13/2020																
Parkway Breakfast	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*
French Toast Bulk	4 ea	1780	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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*
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
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Skim pkwy	8 oz	1625	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	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
Weighted Daily Average			547	9	618	4.35	3.12	377.9	*1022	*23.76	*41	14.78	89.70	14.90	3.34	*0.00
% of Calories											*29.9%	10.8%	65.5%	24.5%	5.5%	*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	

Mon - 03/16/2020																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	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			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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Tue - 03/17/2020																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	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			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	

Wed - 03/18/2020																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	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			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	

Thu - 03/19/2020																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	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			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	

Fri - 03/20/2020																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	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			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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Mon - 03/23/2020																
Parkway Breakfast	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 MpleEggSausage Torna	79 g	1800	180	40	260	2.00	1.44	20.0	100	0.0	4	7.0	24.0	4.0	1.50	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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
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
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	100	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			361	36	388	4.17	1.95	179.0	*923	*27.26	*40	11.83	64.60	5.61	2.24	*0.00
% of Calories											*44.3%	13.1%	71.6%	14.0%	5.6%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Tue - 03/24/2020																
Parkway Breakfast	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*
Egg & Cheese Croissant	4 oz	1800	316	114	493	1.00	180.33	297.2	341	0.0	*0	13.14	22.38	19.62	7.10	0.00
Bacon, Lay Flat	16 g	1	75	21	267	0.00	0.00	0.0	0	0.0	0	5.33	0.0	6.4	2.13	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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
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
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	100	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			455	87	548	3.48	124.62	369.1	*1088	*27.26	*37	16.04	63.49	16.32	6.08	*0.00
% of Calories											*32.8%	14.1%	55.9%	32.3%	12.0%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Wed - 03/25/2020																
Parkway Breakfast	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*
Bagel Stuffer, Straw/Cinn	2.43 oz	1800	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
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
Yogurt-6 oz Prairie Farms	6 oz	50	160	10	95	3.00	0.00	200.0	750	0.0	*N/A*	6.0	32.0	1.5	1.00	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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	2000	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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Choc Skim PFD	8 oz	1500	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	0.0	0.00	0.00
Milk Strawberry Skim PFD	8 oz	50	120	5	95	0.00	0.00	300.0	750	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk 1% PFD	8 oz	75	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	50	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			448	13	410	4.62	2.85	219.7	*855	*19.72	*38	12.53	82.41	8.61	2.83	*0.00
% of Calories											*33.5%	11.2%	73.6%	17.3%	5.7%	*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	

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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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Thu - 03/26/2020																
Parkway Breakfast	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*
Burrito, Sausage, Egg & Cheese	3.5 oz	1800	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00	0.00
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
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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
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
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	100	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			388	36	423	5.54	2.20	233.9	*1197	*37.55	*39	13.89	65.29	9.04	3.95	*0.00
% of Calories											*39.8%	14.3%	67.2%	20.9%	9.2%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

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)
Fri - 03/27/2020																
Parkway Breakfast	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*
DONUT, YEAST-LVND, GLAZED, ENR(IN	1 EACH	1800	253	18	190	1.26	1.43	60.6	14	0.72	14	3.68	28.76	13.62	5.67	0.27
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
Yogurt, Assorted, Deans	6 oz	50	480	15	250	0.00	0.00	1500.0	3000	1.2	77	15.0	91.0	4.5	3.00	0.00
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk Choc Skim PFD	8 oz	1625	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	375	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			486	19	441	4.54	2.88	310.2	*924	*23.14	*43	12.24	80.06	13.87	5.01	*0.19
% of Calories											*35.7%	10.1%	65.9%	25.7%	9.3%	*0.3%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

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)
Mon - 03/30/2020																
Parkway Breakfast	Total	900														
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*
Mini Cinnis	pkg	560	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Cereal Variety-parkway	1 oz	200	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Yogurt Trix 4 oz	4 oz	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Bagel, Plain	57 g	20	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
CREAM CHEESE	2 oz	20	25	7	22	0.00	0.01	6.9	79	0.0	0	0.44	0.39	2.44	1.43	*N/A*
Muffin Chocolate Chip-Otis	2.25 oz	19	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Muffin Blueberry-Otis	2.25 oz	10	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
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
COCO CEREAL BAR & MILK	1 EACH	5	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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	725	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	650	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 Apple	4 oz	300	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	300	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	570	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	200	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			489	9	518	4.49	2.83	283.9	*1064	*25.09	*46	13.21	88.88	10.72	3.21	*0.00
% of Calories											*37.9%	10.8%	72.8%	19.7%	5.9%	*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	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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 ¹ (g)
Tue - 03/31/2020																
Parkway Breakfast	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*
Breakfast Mini Pancake Sausg(p)	3 pieces	1700	230	25	480	2.00	1.44	40.0	0	0.0	5	8.0	20.0	13.0	3.50	0.00
SYRUP,PANCAKE	1 TBSP	1000	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	800	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Yogurt Trix 4 oz	4 oz	50	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
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
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
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	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	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
COCO CEREAL BAR & MILK	1 EACH	35	160	0	125	1.00	5.40	250.0	750	9.0	*N/A*	3.0	29.0	4.0	1.50	*N/A*
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 Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
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
Milk 1% PFD	8 oz	1600	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	600	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Weighted Daily Average			528	30	601	5.21	2.97	318.1	*984	*23.97	*41	16.02	84.35	15.00	4.44	*0.00
% of Calories											*31.0%	12.1%	63.9%	25.6%	7.6%	*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	

Weighted Average			463	39	493	4.71	9.97	345.4	*1086	*25.88	*41	14.11	79.19	11.08	3.80	*0.01
											*79.8%	12.2%	68.4%	21.5%	7.4%	*0.0%

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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

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	463		350 - 500	100%													
Cholesterol (mg)	39		75	51%													
Sodium 1 (mg)	493		540														
Sodium 2 (mg)	493		485						8	Correction Required - Sodium too High							
Fiber (g)	4.71		4.00	118%													
Iron (mg)	9.97		2.50	399%													
Calcium (mg)	345.4		200.00	173%													
Vitamin A (IU)	1086		792	137%	Missing												
Sugars (g)	41	35.46%			Missing												
Vitamin C (mg)	25.88		11.25	230%	Missing												
Protein (g)	14.11	12.19%	6.67	212%													
Carbohydrate (g)	79.19	68.44%	79.00														
Total Fat (g)	11.08	21.55%	<=30.00%														
Saturated Fat (g)	3.80	7.39%	<10.00%														
Trans Fat ¹ (g)	0.01	0.02%			Missing												

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

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