

Parkway School District

Dec 1, 2020 thru Dec 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)
Tue - 12/01/2020																
Parkway Breakfast	Total	1														
NO BREAKFAST	1 EACH	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Wed - 12/02/2020																
Parkway Breakfast	Total	1														
NO BREAKFAST	1 EACH	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Thu - 12/03/2020																
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*
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
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
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,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% White	8 oz	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	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.

Parkway School District

Dec 1, 2020 thru Dec 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)
Weighted Daily Average % of Calories			478	8	478	5.43	3.21	220.6	*918	*19.73	*37 *30.9%	11.66 9.8%	81.24 68.0%	13.35 25.2%	4.56 8.6%	*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	

Fri - 12/04/2020																
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*
Cocoa Puff Filled Bar	2.43 oz	1800	250	4	310	3.00	2.70	40.0	0	0.0	15	7.0	43.0	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
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
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
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% White	8 oz	75	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 % of Calories			471	11	505	5.25	3.72	221.0	*889	*19.75	*41 *34.5%	12.80 10.9%	85.42 72.6%	10.70 20.5%	3.33 6.4%	*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	

Mon - 12/07/2020																
Parkway Breakfast	Total	1														
NO BREAKFAST	1 EACH	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*
Weighted Daily Average % of Calories			*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*
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
 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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/08/2020																
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
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 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% 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			399	93	580	3.67	2.14	400.0	*1247	*23.76	*35	15.03	62.84	10.46	4.01	*0.00
% of Calories											*35.5%	15.1%	63.0%	23.6%	9.0%	*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

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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/09/2020																
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*
Breakfast Egg, Turkey Saus/Chs	1 each	1700	180	30	280	2.00	1.44	40.0	200	1.2	1	7.0	22.0	7.0	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
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
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,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% White	8 oz	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			433	25	388	5.21	2.97	188.1	*636	*24.79	*31	10.16	78.27	9.92	2.47	*0.00
% of Calories											*28.8%	9.4%	72.4%	20.6%	5.1%	*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

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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/10/2020																
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 Burrito Egg Chs Baco	3.40 oz eac	1800	212	70	319	3.00	1.80	150.0	300	3.6	0	11.0	22.0	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
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*
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,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, 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			357	56	419	4.86	2.20	253.0	*1037	*22.55	*32	14.02	57.21	9.03	3.95	*0.00
% of Calories											*36.2%	15.7%	64.2%	22.8%	10.0%	*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

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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/11/2020																
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*
Rolls, Cinnamon Redibake	2.5 oz	560	220	40	240	2.00	1.80	40.0	200	4.8	16	5.0	36.0	7.0	2.00	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*
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 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			337	33	324	3.38	1.47	168.6	883	25.29	*41	9.41	62.30	6.86	2.44	*0.00
% of Calories											*48.6%	11.2%	73.9%	18.3%	6.5%	*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 - 12/14/2020																
Parkway Breakfast	Total	1														
NO BREAKFAST	1 EACH	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*
Weighted Daily Average			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
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
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.

Parkway School District

Dec 1, 2020 thru Dec 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)
Tue - 12/15/2020																
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*
Waffles Blueberry IW	2.47 oz	1700	200	0	170	3.00	0.72	20.0	0	0.0	10	4.0	36.0	6.0	1.00	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
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*
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
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% White	8 oz	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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
Weighted Daily Average			446	4	313	5.89	2.48	174.5	*500	*23.97	*37	8.12	87.79	9.24	2.13	*0.00
% of Calories											*33.4%	7.3%	78.7%	18.6%	4.3%	*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	

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.

Parkway School District

Dec 1, 2020 thru Dec 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)
Wed - 12/16/2020																
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
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
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, 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% White	8 oz	50	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			478	8	478	5.43	3.21	220.6	*918	*19.73	*37	11.66	81.24	13.35	4.56	*0.00
% of Calories											*30.9%	9.8%	68.0%	25.2%	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	

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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/17/2020																
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*
Biscuit, Sausage & Cheese	1 EACH	1780	380	38	906	2.99	1.07	1495.1	162	0.0	2	9.51	26.86	25.5	14.98	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
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	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*
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
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	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% 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			537	31	860	5.70	2.63	1163.5	*818	*22.28	*29	12.83	72.35	22.69	11.80	*0.00
% of Calories											*21.9%	9.6%	53.9%	38.0%	19.8%	*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

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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/18/2020																
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	1800	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
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	2000	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
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% White	8 oz	75	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			512	8	587	3.87	3.10	234.7	*889	*19.75	*36	11.43	83.38	15.50	3.67	*0.00
% of Calories											*28.0%	8.9%	65.2%	27.3%	6.5%	*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 - 12/21/2020																
Parkway Breakfast	Total	1														
NO BREAKFAST	1 EACH	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*
Weighted Daily Average			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
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
 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.

Parkway School District

Dec 1, 2020 thru Dec 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 - 12/22/2020																
Parkway Breakfast NO BREAKFAST	Total 1 EACH	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Wed - 12/23/2020																
Parkway Breakfast NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Thu - 12/24/2020																
Parkway Breakfast HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Fri - 12/25/2020																
Parkway Breakfast HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Mon - 12/28/2020																
Parkway Breakfast NO SCHOOL TODAY	Total 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

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.

Parkway School District

Dec 1, 2020 thru Dec 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	0.0%	6.67	79.00	<=30.0	<10.00	

Tue - 12/29/2020																
Parkway Breakfast NO SCHOOL TODAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	0.0%	6.67	79.00	<=30.0	<10.00	

Wed - 12/30/2020																
Parkway Breakfast NO SCHOOL TODAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	0.0%	6.67	79.00	<=30.0	<10.00	

Thu - 12/31/2020																
Parkway Breakfast HOLIDAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	0.0%	6.67	79.00	<=30.0	<10.00	

Weighted Average			278	17	308	2.67	1.32	202.4	*546	*13.47	*22 *71.1%	6.94 10.0%	46.63 67.2%	7.19 23.3%	2.31 7.5%	*N/A*
------------------	--	--	-----	----	-----	------	------	-------	------	--------	---------------	---------------	----------------	---------------	--------------	-------

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.

Parkway School District

Dec 1, 2020 thru Dec 31, 2020

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

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	278		350 - 500	79%		72		Correction Required - Calories are Low									
Cholesterol (mg)	17		75	23%													
Sodium 1 (mg)	308		540														
Sodium 2 (mg)	308		485														
Fiber (g)	2.67		4.00	67%		1.33		Correction Required - Fiber is Low									
Iron (mg)	1.32		2.50	53%		1.18		Correction Required - Iron is Low									
Calcium (mg)	202.4		200.00	101%													
Vitamin A (IU)	546		792	69%	Missing	246		Correction Required - Vitamin A is Low									
Sugars (g)	22	31.58%			Missing												
Vitamin C (mg)	13.47		11.25	120%	Missing												
Protein (g)	6.94	10.01%	6.67	104%													
Carbohydrate (g)	46.63	67.20%	79.00														
Total Fat (g)	7.19	23.33%	<=30.00%														
Saturated Fat (g)	2.31	7.48%	<10.00%														
Trans Fat ¹ (g)	*N/A*				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.