

# Parkway School District

Jun 1, 2021 thru Jun 4, 2021

## Base Menu Spreadsheet

Parkway Secondary Lunch

### 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 <sup>1</sup> (g)
Tue - 06/01/2021																
Parkway Secondary Lunch	Total	1														
Chicken strip potato breaded	94 grams	1	210	45	510	1.00	0.72	0.0	0	0.0	*N/A*	12.0	13.0	13.0	3.00	0.00
Roll, New	1 oz	1	83	0	125	0.62	0.74	10.9	11	2.41	*0	2.14	12.6	2.52	0.41	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
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
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
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	0.00
Weighted Daily Average			962	89	2353	4.17	1.70	535.7	2156	55.65	*70	31.91	114.93	42.31	10.05	*0.00
% of Calories											*29.1%	13.3%	47.8%	39.6%	9.4%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Wed - 06/02/2021																
Parkway Secondary Lunch	Total	1														
Chicken Rings-Goldkist	3.50	1	230	100	370	0.00	1.44	0.0	100	0.0	*N/A*	15.0	13.0	13.0	2.50	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
BREAD STICKS,PLAIN	1.1	1	128	0	222	0.94	1.33	6.9	0	0.0	0	3.74	21.33	2.96	0.44	*N/A*
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
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
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
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	0.00
Weighted Daily Average			1323	173	3322	3.49	3.02	531.7	2245	53.24	*70	52.52	150.33	56.08	9.59	*0.00
% of Calories											*21.2%	15.9%	45.4%	38.1%	6.5%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=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.

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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 <sup>1</sup> (g)
Thu - 06/03/2021																
Parkway Secondary Lunch	Total	1														
Turkey SW Sack Lunch	sack lunch	1	207	42	1043	4.23	1.38	204.0	183	5.68	7	13.95	26.63	6.47	2.40	*0.12
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
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
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	0.00
Weighted Daily Average			812	86	2760	4.23	1.42	715.3	2203	45.28	*65	31.02	99.49	33.03	9.00	*0.12
% of Calories											*32.1%	15.3%	49.0%	36.6%	10.0%	*0.1%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Weighted Average			1032	116	2811	3.96	2.04	594.2	2201	51.39	*68	38.48	121.58	43.81	9.55	*0.04
											*59.7%	14.9%	47.1%	38.2%	8.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1032		600 - 700	147%			332	Correction Required - Calories too High
Cholesterol (mg)	116							
Sodium 1 (mg)	2811		1360				1451	Correction Required - Sodium too High
Sodium 2 (mg)	2811		1035				1776	Correction Required - Sodium too High
Fiber (g)	3.96		4.00	99%		0.04		Correction Required - Fiber is Low
Iron (mg)	2.04							
Calcium (mg)	594.2							
Vitamin A (IU)	2201							
Sugars (g)	68	26.52%			Missing			
Vitamin C (mg)	51.39							
Protein (g)	38.48	14.91%						
Carbohydrate (g)	121.58	47.11%						
Total Fat (g)	43.81	38.19%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	9.55	8.32%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.04	0.03%			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

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