

Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

Page 1

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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)
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**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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Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/02/2020																
Parkway Secondary Lunch	Total	3910														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	500	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Nachos with Cheese Sauce	4 oz	800	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
HAM SANDWICH	1 EACH	20	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Papa John's cheese	each	200	260	15	500	2.00	0.54	1270.0	18950	0.0	*N/A*	13.0	35.0	8.0	3.00	*N/A*
Papa John's Sausage	each	50	260	20	700	2.00	0.36	1310.0	14400	0.0	*N/A*	12.0	31.0	10.0	5.00	*N/A*
Papa John's Pepperoni	each	300	270	20	650	2.00	0.36	1080.0	19850	0.0	*N/A*	13.0	30.0	11.0	4.00	*N/A*
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	100	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	50	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	50	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	50	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	25	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Sides	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 FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Carrots canned honey glazed	1/2 cup	1200	117	0	871	6.18	0.01	125.2	24892	0.02	13	0.0	26.13	0.0	0.00	0.00
Baked Cheetos Crunchy	1 oz	20	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	5	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00

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Portion Values - Detailed

Page 3

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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)
Mon - 11/02/2020																
ketchup bulk	each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	each	150	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1210	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	1	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			324	*17	733	*6.07	*1.93	*404.4	*10891	*12.41	*24	*12.63	51.38	8.06	2.89	*0.00
% of Calories											*29.3%	*15.6%	63.4%	22.4%	8.0%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Tue - 11/03/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

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Wed - 11/04/2020																
Parkway Secondary Lunch	Total	3910														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	500	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Nachos with Cheese Sauce	4 oz	800	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
HAM SANDWICH	1 EACH	20	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Papa John's cheese	each	200	260	15	500	2.00	0.54	1270.0	18950	0.0	*N/A*	13.0	35.0	8.0	3.00	*N/A*
Papa John's Sausage	each	50	260	20	700	2.00	0.36	1310.0	14400	0.0	*N/A*	12.0	31.0	10.0	5.00	*N/A*
Papa John's Pepperoni	each	300	270	20	650	2.00	0.36	1080.0	19850	0.0	*N/A*	13.0	30.0	11.0	4.00	*N/A*
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	100	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	50	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	50	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	50	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	25	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Sides	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 FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Carrots canned honey glazed	1/2 cup	1200	117	0	871	6.18	0.01	125.2	24892	0.02	13	0.0	26.13	0.0	0.00	0.00
Baked Cheetos Crunchy	1 oz	20	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	5	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00

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Wed - 11/04/2020																
ketchup bulk	each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	each	150	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1210	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	1	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			324	*17	733	*6.07	*1.93	*404.4	*10891	*12.41	*24	*12.63	51.38	8.06	2.89	*0.00
% of Calories											*29.3%	*15.6%	63.4%	22.4%	8.0%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Thu - 11/05/2020																
Parkway Secondary Lunch	Total	2925														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Popcorn Goldkist	4.3 oz	800	293	81	599	3.00	0.36	180.0	150	0.0	0	18.0	17.0	17.0	3.00	0.00
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
HAM SANDWICH	1 EACH	50	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Sides	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Tortilla Chips Azteca	2 oz	1	260	0	0	4.00	0.72	80.0	0	0.0	*N/A*	4.0	38.0	9.0	1.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Refried Beans-P	130 gram s-1/2 c	1500	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
PEACHES: canned,light syrup	1/2 CUP	300	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Chocolate 1%	8 oz	3000	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 Apple	4 oz	2500	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	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			454	*42	667	*4.81	*1.68	*365.5	*1328	*3.57	*36 *31.4%	*20.91 *18.4%	56.80 50.1%	15.66 31.1%	4.33 8.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/06/2020																
Parkway Secondary Lunch	Total	2925														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Popcorn Goldkist	4.3 oz	800	293	81	599	3.00	0.36	180.0	150	0.0	0	18.0	17.0	17.0	3.00	0.00
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
HAM SANDWICH	1 EACH	50	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Sides	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Tortilla Chips Azteca	2 oz	1	260	0	0	4.00	0.72	80.0	0	0.0	*N/A*	4.0	38.0	9.0	1.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Refried Beans-P	130 gram s-1/2 c	1500	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
PEACHES: canned,light syrup	1/2 CUP	300	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Chocolate 1%	8 oz	3000	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 Apple	4 oz	2500	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	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			454	*42	667	*4.81	*1.68	*365.5	*1328	*3.57	*36 *31.4%	*20.91 *18.4%	56.80 50.1%	15.66 31.1%	4.33 8.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

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 ¹ (g)
Mon - 11/09/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pork Roast	2 oz	2000	129	43	1088	0.00	0.97	5.8	0	0.0	0	16.41	0.0	6.54	2.26	*N/A*
Sauce, BBQ	2 oz	1	94	0	331	0.00	0.63	17.3	252	0.94	9	0.0	20.47	0.0	0.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
NACHOS WITH GROUND BEEF	SERVINGS	1	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	250	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	150	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 1 4 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	50	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Dominos Sausage WG	1/8 14 in	25	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	25	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	150	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	25	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	150	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	150	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 inch	125	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Sides	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 FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

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 ¹ (g)
Mon - 11/09/2020																
Broccoli Bites	146 g	3500	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
Cherries, Frozen unsweetened	4 oz	1	66	0	1	1.32	0.44	10.8	718	1.4	15	0.76	16.42	0.36	0.08	*0.00
WHIPPED TOPPING	1 TBSP	1000	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD,TOSSED: no dressing	1 CUP	500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	3000	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	1	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	2000	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 % of Calories			564	*48	1492	*7.32	*2.58	*409.2	*2463	*49.01	*40	*32.00	82.38	13.22	5.82	*0.00
											*28.2%	*22.7%	58.5%	21.1%	9.3%	*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.

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/10/2020																
Parkway Secondary Lunch	Total	3410														
Lunch	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*
Chicken Rings-Goldkist	3.50	2000	230	100	370	0.00	1.44	0.0	100	0.0	*N/A*	15.0	13.0	13.0	2.50	0.00
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Specialty Items	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
HOT SAUCE	2 oz	200	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	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
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*
CORN: canned, yellow	1/2 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
PEACHES: canned,light syrup	1/2 CUP	1	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Onion Rings	77 grams	200	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	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
ketchup bulk	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	400	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	600	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

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/10/2020																
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 % of Calories			350	*71	645	*3.07	*1.95	*146.2	*770	*18.86	*23	*16.98	45.09	12.22	3.26	*0.00
											*25.8%	*19.4%	51.6%	31.4%	8.4%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/11/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
Sloppy Joe, Pkwy	SERVINGS	2200	341	64	839	1.10	2.22	22.1	1493	9.03	*9	15.95	29.26	17.99	6.88	*0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Parkway Burger	3.5 oz	700	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	250	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	300	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup Frozen Wild Cherry J	4.4 oz	4000	70	0	10	3.00	0.36	80.0	500	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Salad Caesar	4 oz	1	312	39	4057	4.20	1.97	594.9	8177	3.77	*1	18.68	22.23	15.58	8.46	*0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Wed - 11/11/2020																
FRENCH FRIES: oven heat	2.5 OZ	4000	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	2000	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	1000	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	2000	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			678	*53	1303	*9.44	*3.83	*278.8	*2411	*93.38	*40	*21.37	111.36	18.94	6.12	*0.00
% of Calories											*23.8%	*12.6%	65.7%	25.1%	8.1%	*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

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/12/2020																
Parkway Secondary Lunch	Total	3425														
Lunch	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		*N/A*	*N/A*	*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
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	30	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
HAM SANDWICH	1 EACH	50	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Specialty Items	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Breast Dill	4.0 oz	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*
Whole Wheat Hamburger Bun W Sides	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
SYRUP,PANCAKE	1 TBSP	900	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	900	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1500	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
FRENCH FRIES: oven heat	4 OZ	250	170	0	217	1.89	0.68	0.0	0	4.54	0	1.89	28.35	5.67	0.00	0.00
Pork Roast	2 oz	1800	129	43	1088	0.00	0.97	5.8	0	0.0	0	16.41	0.0	6.54	2.26	*N/A*
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Chocolate 1%	8 oz	3000	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 Apple	4 oz	2000	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/12/2020																
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			512	*35	1102	*2.21	*2.10	*251.1	*996	*12.36	*44	*20.70	74.13	14.74	4.32	*0.00
											*34.1%	*16.2%	57.9%	25.9%	7.6%	
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/13/2020																
Parkway Secondary Lunch	Total	2925														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CHICKEN NUGGET:LT&DK ME AT,BREA	5 EACH	1800	234	38	416	0.94	0.65	8.8	64	42.52	*N/A*	10.72	10.25	16.57	4.00	*N/A*
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
HAM SANDWICH	1 EACH	50	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Restaurant Pizza	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Pizza Dominos Cheese WG	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*
Pizza Dominos Hawaii Lava 15	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Hut Pep WG 15	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Sides	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*
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*
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

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 ¹ (g)
Fri - 11/13/2020																
FRUIT, FRESH ASSORTED	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD DRESSING, Assorted	1 TBSP	300	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	2.5 OZ	250	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Chocolate 1%	8 oz	3000	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 Apple	4 oz	1500	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	1000	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			435	*40	689	*2.54	*1.16	*253.0	*1181	*46.46	*40	*17.97	56.79	15.77	4.86	*0.00
% of Calories											*36.5%	*16.5%	52.2%	32.6%	10.1%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/16/2020																
Parkway Secondary Lunch	Total	3910														
Lunch	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*
chicken hot & spicy, patty	3.53 oz	1225	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	500	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
Nachos with Cheese Sauce	4 oz	800	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
HAM SANDWICH	1 EACH	20	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Papa John's cheese	each	200	260	15	500	2.00	0.54	1270.0	18950	0.0	*N/A*	13.0	35.0	8.0	3.00	*N/A*
Papa John's Sausage	each	50	260	20	700	2.00	0.36	1310.0	14400	0.0	*N/A*	12.0	31.0	10.0	5.00	*N/A*
Papa John's Pepperoni	each	300	270	20	650	2.00	0.36	1080.0	19850	0.0	*N/A*	13.0	30.0	11.0	4.00	*N/A*
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	100	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	50	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 4 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaiiin Lava 15	1/8 14 in	50	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	50	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	25	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Applesauce Plain Cup-Govt	4 oz	3500	90	0	15	2.00	0.00	0.0	45	0.0	9	0.0	22.0	0.0	0.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	350	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/16/2020																
Baked Cheetos Crunchy	1 oz	20	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	5	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	each	150	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	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	1000	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	210	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 % of Calories			463	*25	617	*7.02	*2.81	*378.0	*3323	*14.51	*28	*17.49	69.93	13.07	3.83	*0.00
											*23.9%	*15.1%	60.5%	25.4%	7.5%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/17/2020																
Parkway Secondary Lunch	Total	4215														
Entrees	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*
Cheese Bites, Mini	112 grams	1857	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	80	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	25	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	25	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Specialty Items	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Tenders	4 oz	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*
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots canned honey glazed	1/2 cup	1	117	0	871	6.18	0.01	125.2	24892	0.02	13	0.0	26.13	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 CUP	1	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Baked Cheetos Crunchy	1 oz	25	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
FRENCH FRIES: oven heat	2.5 OZ	100	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	25	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3800	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Mustard 4/1g 2012	1 each	500	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	500	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	900	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	600	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	3300	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

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			335	*18	538	*4.26	*1.01	*284.1	*1151	*17.84	*32 *38.6%	*14.80 *17.7%	53.30 63.6%	8.01 21.5%	3.16 8.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/18/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
Chicken Drumstick Buffalo	92 grams	2200	170	60	300	0.00	1.08	0.0	300	0.0	0	17.0	4.0	10.0	2.50	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Parkway Burger	3.5 oz	700	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	250	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	300	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bread Garlic Knot	2 oz	1	181	0	272	1.13	1.70	11.3	*N/A*	*N/A*	1	4.54	26.08	5.67	1.13	0.00
Pineapple Tibits in Light Syru	1/2 cup or 123g	4000	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	0.00
Salad Caesar	4 oz	1	312	39	4057	4.20	1.97	594.9	8177	3.77	*1	18.68	22.23	15.58	8.46	*0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

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 ¹ (g)
Wed - 11/18/2020																
FRENCH FRIES: oven heat	2.5 OZ	4000	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	2000	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	1000	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	2000	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			605	*51	1000	*6.86	*2.86	*187.7	*1269	*46.97	*55	*21.93	100.58	14.60	3.73	*0.00
% of Calories											*36.6%	*14.5%	66.5%	21.7%	5.6%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/19/2020																
Parkway Secondary Lunch	Total	3950														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY BREAST,BAKED with SKIN	2 oz	1050	107	42	36	0.00	0.79	11.9	0	0.0	*N/A*	16.27	0.0	4.2	1.19	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
HAM SANDWICH	1 EACH	100	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Restaurant Pizza	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	500	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	200	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	300	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Specialty Items	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*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Bosco Pretzel Cheddar Cheese S	1 each	1	160	20	460	1.00	1.08	100.0	200	0.0	*N/A*	7.0	17.0	7.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	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*

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Thu - 11/19/2020																
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
Green Beans, Canned	4 oz	1500	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	0.0	0.00	0.00
Potatoes, Instant Mashed	22 g	2000	90	0	370	8.00	0.00	0.0	0	2.4	0	2.0	16.0	1.5	0.00	0.00
GRAVY, CHICKEN: SCRATCH	2 TBSP	1000	70	28	4104	0.08	0.12	1.3	69	0.02	5	5.13	6.64	1.46	0.91	*0.06
Pie, Classic pumpkin, thaw & s	2 oz	3200	141	20	177	0.91	0.65	36.3	1588	0.0	*N/A*	2.27	21.32	5.44	1.36	*N/A*
WHIPPED TOPPING	TBSP	3000	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
FRENCH FRIES: oven heat	2.5 OZ	250	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	100	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	800	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	75	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1500	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	1	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	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			426	*49	1794	*7.22	*1.83	*238.5	*1954	*5.87	*19	*19.83	60.16	11.82	3.82	*0.01
% of Calories											*17.9%	*18.6%	56.5%	25.0%	8.1%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/20/2020																
Parkway Secondary Lunch	Total	3950														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY BREAST,BAKED with SKIN	2 oz	1050	107	42	36	0.00	0.79	11.9	0	0.0	*N/A*	16.27	0.0	4.2	1.19	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
HAM SANDWICH	1 EACH	100	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Restaurant Pizza	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	500	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	200	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	300	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Specialty Items	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*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Bosco Pretzel Cheddar Cheese S	1 each	1	160	20	460	1.00	1.08	100.0	200	0.0	*N/A*	7.0	17.0	7.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	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*

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/20/2020																
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
Green Beans, Canned	4 oz	1500	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	0.0	0.00	0.00
Potatoes, Instant Mashed	22 g	2000	90	0	370	8.00	0.00	0.0	0	2.4	0	2.0	16.0	1.5	0.00	0.00
GRAVY,CHICKEN:SCRATCH	2 TBSP	1000	70	28	4104	0.08	0.12	1.3	69	0.02	5	5.13	6.64	1.46	0.91	*0.06
Pie, Classic pumpkin, thaw & s	2 oz	3200	141	20	177	0.91	0.65	36.3	1588	0.0	*N/A*	2.27	21.32	5.44	1.36	*N/A*
WHIPPED TOPPING	TBSP	3000	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
FRENCH FRIES: oven heat	2.5 OZ	250	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	100	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	800	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	75	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1500	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	1	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	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			426	*49	1794	*7.22	*1.83	*238.5	*1954	*5.87	*19	*19.83	60.16	11.82	3.82	*0.01
% of Calories											*17.9%	*18.6%	56.5%	25.0%	8.1%	*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
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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/23/2020																
Parkway Secondary Lunch	Total	2850														
Lunch	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*
Corn Dogs, Mini JTM	4 each	2000	220	20	530	0.00	1.44	60.0	0	0.0	*N/A*	7.0	18.0	13.0	4.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Hut Cheese 14	5.61 oz	1	390	38	850	2.00	0.36	340.0	2800	0.0	*N/A*	18.0	38.0	18.0	8.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Bean Parkway	4 oz	1000	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Apples Frozen and Sweetened	4 oz	1	80	0	2	1.17	0.17	6.0	72	0.34	*11	0.25	21.05	0.27	0.04	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	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
ketchup bulk	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/23/2020																
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	900	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	100	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	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 % of Calories			468	*29	840	*7.91	*3.17	*229.1	*778	*14.95	*29	*17.77	69.13	14.09	4.77	*0.00
Nutrient Guideline			600-700		1360	4.00					*24.6%	*15.2%	59.1%	27.1%	9.2%	<=30.0

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/24/2020																
Parkway Secondary Lunch	Total	3410														
Lunch	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Popcorn Goldkist	4.3 oz	2000	293	81	599	3.00	0.36	180.0	150	0.0	0	18.0	17.0	17.0	3.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Sauce, Sweet & Sour Cups	oz	2000	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Specialty Items	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
HOT SAUCE	2 oz	200	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	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
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*
CORN: canned, yellow	1/2 CUP	200	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	0.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	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
ketchup bulk	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	400	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	600	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

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/24/2020																
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			406	*60	832	*4.75	*1.26	*246.0	*801	*18.81	*23	*18.67	53.32	14.16	3.48	*0.00
% of Calories											*22.2%	*18.4%	52.6%	31.4%	7.7%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Wed - 11/25/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

Thu - 11/26/2020																
Parkway Secondary Lunch	Total	1														
HOLIDAY	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			600-700		1360	4.00								<=30.0	<10.00	

Fri - 11/27/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 11/30/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
Hot Dogs 4/1 All meat	4 oz	2200	240	40	710	0.00	0.72	20.0	0	2.4	*N/A*	9.0	2.0	22.0	9.00	0.00
Whole Wheat Hot Dog Bun	1 each	1	110	0	220	0.50	1.08	100.0	0	0.0	*N/A*	3.0	22.0	1.5	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Parkway Burger	3.5 oz	700	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	250	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	300	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	1	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Craisins dried	1 oz	1	92	0	0	0.94	0.19	0.0	0	0.0	*N/A*	0.0	22.68	0.0	0.00	*N/A*
Chili Meatless	2.66 oz	1	89	0	546	5.56	1.80	77.3	1806	22.72	*4	2.01	18.86	0.35	0.05	*0.00

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Parkway School District

Nov 2, 2020 thru Nov 30, 2020

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 ¹ (g)
Mon - 11/30/2020																
FRENCH FRIES: oven heat	2.5 OZ	4000	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	2000	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	1000	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	2000	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			554	*40	1222	*5.88	*2.66	*198.6	*1105	*30.52	*36	*17.59	77.79	21.12	7.26	*0.00
% of Calories											*25.7%	*12.7%	56.2%	34.3%	11.8%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Weighted Average			457	*40	980	*5.73	*2.13	*287.0	*2623	*23.96	*32	*19.06	66.50	13.59	4.28	*0.00
											*63.1%	*16.7%	58.2%	26.7%	8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	457		600 - 700	76%		143		Correction Required - Calories are Low
Cholesterol (mg)	40				Missing			
Sodium 1 (mg)	980		1360					
Sodium 2 (mg)	980		1035					
Fiber (g)	5.73		4.00	143%	Missing			
Iron (mg)	2.13				Missing			
Calcium (mg)	287.0				Missing			
Vitamin A (IU)	2623				Missing			
Sugars (g)	32	28.05%			Missing			
Vitamin C (mg)	23.96				Missing			
Protein (g)	19.06	16.67%			Missing			
Carbohydrate (g)	66.50	58.15%						
Total Fat (g)	13.59	26.74%	<=30.00%					
Saturated Fat (g)	4.28	8.41%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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