

# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Parkway Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 11/24/2020 11:11:19 AM

	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)
Tue - 12/01/2020																
Parkway Elementary 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			550-650		1230	4.00								<=35.0	<10.00	

	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)
Wed - 12/02/2020																
Parkway Elementary Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	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			550-650		1230	4.00								<=35.0	<10.00	

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

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Thu - 12/03/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
PEAS: frozen,boiled	1/2 CUP	1	31	0	29	1.80	0.61	9.6	840	3.96	2	2.06	5.7	0.11	0.02	0.00
Pineapple Tibits in Light Syru	1/2 cup or 123g	1	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	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		*N/A*	*N/A*	*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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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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Base Menu Spreadsheet

Parkway Elementary Lunch

Portion Values - Detailed

Page 3

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			415	38	829	2.74	2.14	602.6	*1288	11.06	*23 *22.6%	25.99 25.0%	50.55 48.7%	12.17 26.4%	5.64 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Fri - 12/04/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
PEAS GREEN,CANNED,DRAINED	.5 CUP	1	29	0	93	1.74	0.40	8.5	326	3.87	*N/A*	1.87	5.36	0.17	0.03	*N/A*
Pineapple Tibits in Light Syru	1/2 cup or 123g	1	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	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		*N/A*	*N/A*	*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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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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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*
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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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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*
BROCCOLI Craisin SALAD	1/2 CUP	1	154	5	135	2.73	0.55	29.8	394	54.62	*7	1.77	30.09	4.89	0.53	*0.00
MIXED FRUIT: frozen,sweetened	1/2 CUP	1	123	0	4	2.38	0.35	8.8	403	93.75	*N/A*	1.78	30.29	0.23	0.03	*N/A*
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*
Milk Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

## Base Menu Spreadsheet

Parkway Elementary 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)
Weighted Daily Average % of Calories			415	38	829	2.74	2.14	602.6	*1288	11.09	*23 *22.6%	25.99 25.0%	50.56 48.7%	12.18 26.4%	5.64 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 12/09/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
French Toast Bulk	4 ea	1	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	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*
PORK SAUSAGE PATTY	1 EACH	1	76	16	120	0.63	0.00	804.3	0	0.0	0	1.9	0.0	6.97	2.22	0.00
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
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*
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	0.00	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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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			199	17	355	0.83	0.71	342.2	*832	8.69	*23 *45.2%	12.72 25.6%	28.38 57.1%	3.94 17.8%	1.82 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

## Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Thu - 12/10/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
Spaghetti with Meatsauce-pkwy	2/3 cup	1	214	36	112	2.47	2.28	29.1	871	20.24	*1	11.64	17.57	10.99	3.96	*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*
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	1	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	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
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		*N/A*	*N/A*	*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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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			199	17	355	0.83	0.71	342.0	*832	8.69	*23	12.72	28.37	3.93	1.82	*0.00
% of Calories											*45.3%	25.6%	57.1%	17.8%	8.2%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

## Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Fri - 12/11/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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		*N/A*	*N/A*	*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
Mandarin oranges	1/2 cup	1	90	0	20	1.00	0.36	20.0	300	21.0	*N/A*	1.0	20.0	0.0	0.00	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		*N/A*	*N/A*	*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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			415	38	829	2.74	2.14	602.6	*1288	11.06	*23 *22.6%	25.99 25.0%	50.55 48.7%	12.17 26.4%	5.64 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

## Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Tue - 12/15/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce Green Leaf	1 cup	1	5	0	10	0.47	0.31	13.0	2666	3.31	0	0.49	1.03	0.05	0.01	0.00
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
Pineapple Tibits in Light Syru	1/2 cup or 123g	1	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	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		*N/A*	*N/A*	*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 Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

## Base Menu Spreadsheet

Parkway Elementary 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)
Weighted Daily Average % of Calories			415	38	829	2.74	2.14	602.6	*1289	11.06	*23 *22.6%	25.99 25.0%	50.55 48.7%	12.18 26.4%	5.64 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 12/16/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
HAM,DELI,95% FAT-FREE	2 oz	1	61	26	601	0.00	0.41	3.4	0	0.0	*N/A*	10.69	0.43	1.47	0.37	0.01
Waffles Bulk	each 1.33	1	70	4	95	0.00	0.72	20.0	0	0.0	1	2.0	11.0	2.5	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*
Fries KK seasoned	4 oz	1	172	0	274	1.89	0.68	0.0	0	4.54	0	1.89	28.77	5.67	0.00	0.00
Blueberry Crisp	4 oz	1	165	0	70	2.83	0.80	18.5	196	1.93	*15	4.55	27.01	4.44	0.76	*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*
Milk Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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			199	17	355	0.83	0.71	342.0	*832	8.69	*23 *45.3%	12.72 25.6%	28.38 57.1%	3.94 17.8%	1.82 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<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**

**Dec 1, 2020 thru Dec 18, 2020**

Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Thu - 12/17/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
Nacho Chips Round Yellow	2 oz	1	140	0	165	2.00	1.08	40.0	0	0.0	0	3.0	16.0	7.0	1.00	0.00
TACO,BEEF	1 EACH	1	326	50	406	2.46	1.91	176.6	438	2.58	*1	16.12	19.36	20.2	8.03	*0.05
Cheese Sauce, Parkway	2 oz	1	*143	*29	*517	*0.03	*0.05	*299.5	*411	*0.48	*2	*9.19	*4.18	*9.91	*5.72	*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*
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
Beans Black taco	1/2 cup	1	118	0	156	8.71	2.95	43.9	50	0.0	0	7.6	21.73	0.02	0.00	0.00
Fruit Icy Mango Chamoy	4.40 oz	1	90	0	15	3.00	0.00	80.0	2500	60.0	21	0.0	25.0	0.0	0.00	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*
Milk Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	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			*199	*17	*355	*0.83	*0.71	*342.1	*833	*8.70	*23	*12.73	*28.38	*3.94	*1.83	*0.00
% of Calories											*45.2%	*25.6%	*57.0%	*17.8%	*8.3%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Parkway School District**

**Dec 1, 2020 thru Dec 18, 2020**

Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Fri - 12/18/2020																
Parkway Elementary Lunch	Total	3925														
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*
Nardone Cheese French Bread	158 gram	117	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
SALAD PLATTER-2	1 EACH	400	196	28	968	3.77	2.39	294.9	1373	6.92	*5	18.65	11.7	8.44	3.72	*0.00
Parkway Burger	3.5 oz	150	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
Parkway hot dog	4 oz.	150	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
HAM SANDWICH	1 EACH	125	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
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	400	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	100	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	500	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	100	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	100	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	1/8 14 in	400	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	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 Hut Veggie WG 15	1/8 14 in	100	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	50	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	300	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	400	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*
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
Applesauce Cinnamon	4 oz	1	54	0	15	1.62	0.09	11.4	3	1.27	10	1.06	14.17	0.01	0.00	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*
Milk Skim pkwy	8 oz	1925	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	2000	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
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	800	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	700	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Parkway School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Parkway Elementary 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 <sup>1</sup> (g)
Weighted Daily Average			415	38	829	2.74	2.14	602.7	*1295	11.05	*23	25.99	50.55	12.17	5.64	*0.00
% of Calories											*22.6%	25.0%	48.7%	26.4%	12.2%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Weighted Average			*329	*30	*639	*1.98	*1.57	*498.4	*1107	*10.12	*23	*20.68	*41.68	*8.88	*4.11	*0.00
											*63.2%	*25.2%	*50.7%	*24.3%	*11.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	329		550 - 650	60%	Missing	221		Correction Required - Calories are Low
Cholesterol (mg)	30				Missing			
Sodium 1 (mg)	639		1230		Missing			Correction Required - Fiber is Low
Sodium 2 (mg)	639		935		Missing			
Fiber (g)	1.98		4.00	49%	Missing	2.02		
Iron (mg)	1.57				Missing			
Calcium (mg)	498.4				Missing			
Vitamin A (IU)	1107				Missing			
Sugars (g)	23	28.09%			Missing			
Vitamin C (mg)	10.12				Missing			
Protein (g)	20.68	25.17%			Missing			
Carbohydrate (g)	41.68	50.73%			Missing			
Total Fat (g)	8.88	24.32%	<=35.00%		Missing			Correction Required - Sat. Fat too High
Saturated Fat (g)	4.11	11.26%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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