

# Parkway School District

Dec 1, 2020 thru Dec 11, 2020

## Base Menu Spreadsheet

Elementary Lunch-box meals

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 12/01/2020																
Elementary Lunch-box meals	Total	3605														
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	3000	170	60	300	0.00	1.08	0.0	300	0.0	0	17.0	4.0	10.0	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*
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*
SPINACH SALAD	1 EA	3000	9	0	11	0.82	0.33	17.2	1231	2.93	1	0.66	1.94	0.1	0.01	0.00
Applesauce Plain Cup-Govt	4 oz	1	90	0	15	2.00	0.00	0.0	45	0.0	9	0.0	22.0	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	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			233	55	387	0.68	1.18	125.4	1829	2.44	13	19.14	18.27	9.80	2.92	*0.00
% of Calories											22.6%	32.9%	31.4%	37.9%	11.3%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 12/02/2020																
Elementary Lunch-box meals	Total	5534														
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*
Pancakes Mini 8ct Pillsbury	pkg	360	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
PORK SAUSAGE PATTY	2 EACH	1	152	32	241	1.27	0.00	1608.7	0	0.0	0	3.8	0.0	13.93	4.43	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	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
Cherry Crisp	3 oz	1	258	0	47	1.78	1.08	31.4	3166	0.0	*6	4.11	52.88	2.63	0.48	*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	2274	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			73	4	108	0.13	0.05	85.1	412	0.00	*9	3.55	11.83	1.36	0.65	*0.00
% of Calories											*49.7%	19.5%	65.0%	16.8%	8.0%	*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

\* - 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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## Base Menu Spreadsheet

Elementary Lunch-box meals

### 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 - 12/03/2020																
Elementary Lunch-box meals	Total	4760														
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*
TACO SALAD-NEW	1 EA	20	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
Tortilla Chips Azteca	1 oz	1	130	0	0	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	4.5	0.50	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
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*
Beans Black taco	1/2 cup	4500	118	0	156	8.71	2.95	43.9	50	0.0	0	7.6	21.73	0.02	0.00	0.00
Corn and Black Bean Salsa	4 oz	1	121	*0	331	4.61	1.43	28.5	74	2.47	*4	4.41	19.36	3.94	0.63	*0.00
Fruit Cup Frozen Wild Cherry J	4.4 oz	1	70	0	10	3.00	0.36	80.0	500	60.0	*N/A*	0.0	19.0	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 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
Weighted Daily Average			208	*6	295	8.25	2.80	168.5	681	0.05	*14	12.30	35.77	1.67	0.97	*0.00
% of Calories											*26.7%	23.7%	68.8%	7.2%	4.2%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Fri - 12/04/2020																
Elementary Lunch-box meals	Total	4125														
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 Fajita Strips Dark	2.46 oz	50	100	66	465	0.00	0.00	0.0	0	0.0	0	12.45	0.83	5.81	1.66	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*
RICE, LONG GRAIN, BROWN, COOKE	4 oz	4000	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
PEAS GREEN,CANNED,DRAINED	1/2 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
Fortune Cookie -7.5 grams	1 each	1	27	0	2	0.00	0.00	0.0	0	0.0	0	0.5	6.5	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
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 Chocolate 1%	8 oz	2274	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			205	6	138	2.02	0.46	121.5	552	0.01	*12	7.39	38.38	2.44	1.04	*0.00
% of Calories											*23.7%	14.4%	74.8%	10.7%	4.6%	*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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## Base Menu Spreadsheet

Elementary Lunch-box meals

### 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)
<b>Mon - 12/07/2020</b>																
Elementary Lunch-box meals	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*
Chicken Oven Fried	3.20 oz	117	589	262	635	2.38	3.70	92.0	379	3.04	*3	55.15	24.05	30.27	9.85	*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 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
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
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	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
Weighted Daily Average			18	8	19	0.07	0.11	2.9	12	0.09	*0	1.65	0.75	0.90	0.29	*0.00
% of Calories											*2.3%	37.3%	16.9%	45.9%	15.0%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

<b>Tue - 12/08/2020</b>																
Elementary Lunch-box meals	Total	4760														
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*
Parkway hot dog	4 oz.	20	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	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*
BROCCOLI Craisin SALAD	1/2 CUP	4500	154	5	135	2.73	0.55	29.8	394	54.62	*7	1.77	30.09	4.89	0.53	*0.00
Strawberry Cups, Frozen	4 oz	1	109	0	3	2.15	0.67	12.5	27	46.95	27	0.6	29.39	0.15	0.01	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
Weighted Daily Average			241	11	274	2.58	0.53	155.1	*1003	51.66	*21	6.76	43.67	6.24	1.46	*0.00
% of Calories											*34.7%	11.2%	72.5%	23.3%	5.4%	*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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Elementary Lunch-box meals

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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)
Wed - 12/09/2020																
Elementary Lunch-box meals	Total	5534														
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	360	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	0.00
PORK SAUSAGE PATTY	2 EACH	1	152	32	241	1.27	0.00	1608.7	0	0.0	0	3.8	0.0	13.93	4.43	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*
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*
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 Chocolate 1%	8 oz	2274	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			82	4	123	0.07	0.12	86.4	412	0.00	*10	3.61	12.47	1.94	0.78	*0.00
% of Calories											*46.7%	17.7%	60.9%	21.3%	8.6%	*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)
Thu - 12/10/2020																
Elementary Lunch-box meals	Total	4760														
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*
Spaghetti with Meatsauce-pkwy	2/3 cup	20	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	4500	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
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 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
Weighted Daily Average			109	6	305	1.22	0.01	143.3	857	2.83	*14	5.86	18.05	1.62	0.96	*0.00
% of Calories											*51.0%	21.6%	66.4%	13.4%	8.0%	*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  
 \* - 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

Dec 1, 2020 thru Dec 11, 2020

## Base Menu Spreadsheet

Elementary Lunch-box meals

### 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																
Elementary Lunch-box meals	Total	4760														
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*
Parkway Burger	3.5 oz	20	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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	3 OZ	4500	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
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
Weighted Daily Average			216	6	302	1.36	0.52	127.3	631	3.22	*14	6.47	35.36	5.65	0.97	0.00
% of Calories											*25.6%	12.0%	65.3%	23.5%	4.0%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Weighted Average			154	*12	217	1.82	0.64	112.8	*710	6.70	*12	7.42	23.84	3.51	1.12	*0.00
											*69.2%	19.3%	62.0%	20.6%	6.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	154		550 - 650	28%		396		Correction Required - Calories are Low
Cholesterol (mg)	12				Missing			
Sodium 1 (mg)	217		1230					
Sodium 2 (mg)	217		935					
Fiber (g)	1.82		4.00	46%		2.18		Correction Required - Fiber is Low
Iron (mg)	0.64							
Calcium (mg)	112.8							
Vitamin A (IU)	710				Missing			
Sugars (g)	12	30.78%			Missing			
Vitamin C (mg)	6.70							
Protein (g)	7.42	19.28%						
Carbohydrate (g)	23.84	61.99%						
Total Fat (g)	3.51	20.56%	<=35.00%					
Saturated Fat (g)	1.12	6.53%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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