

Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Mon - 03/02/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	360	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Chicken Wing Ding Goldkist	3.75 oz	3700	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
SALAD PLATTER-1	1 EACH	200	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Parkway hot dog	4 oz.	720	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
Parkway Burger	3.5 oz	504	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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
GOLDFISH CHEDDAR	1 EACH	1	121	1	1	0.61	0.87	24.3	*N/A*	*N/A*	*N/A*	2.43	15.79	5.47	1.22	*N/A*
Green Beans, Canned	4 oz	3000	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	3500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
HOT SAUCE	2 oz	1500	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	1 oz	1500	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
ketchup bulk	1 each	1200	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	600	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1 CUP	3700	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 TBSP	3000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
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
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 Skim pkwy	8 oz	1721	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% 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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Juice Apple	4 oz	1200	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
Weighted Daily Average % of Calories			537	51	1788	8.06	3.40	332.7	*3619	*40.38	*41	26.51	77.19	15.64	3.52	*0.00
											*30.7%	19.7%	57.4%	26.2%	5.9%	*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

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Tue - 03/03/2020																
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	100	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	200	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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.	250	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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	150	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	300	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	400	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	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 Dominos Vegetable	5.61 oz	150	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	300	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	100	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*
Salad Black Bean Cucumber	1/2 cup	1	98	1	90	4.52	*1.72	*33.7	*49	*1.78	*1	4.61	12.33	3.58	0.63	*0.00
SALAD, TOSSED: no dressing	1 CUP	3500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Pineapple Tibits in Light Syru	1/2 cup or 123g	3000	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
FRUIT, FRESH ASSORTED	1 EACH	3000	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	500	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	1500	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% 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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
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

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

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Tue - 03/03/2020																
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			488	35	799	7.10	*2.98	*470.4	*3899	*47.48	*42	22.59	75.42	11.44	5.01	*0.00
% of Calories											*34.1%	18.5%	61.9%	21.1%	9.3%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 03/04/2020																
Parkway Elementary Lunch	Total	4125														
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 and Waffle SW	3.53 oz eac	50	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
SALAD PLATTER-3	1 EACH	800	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
Parkway Burger	3.5 oz	100	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.	100	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Potatoes, Tater Tots	71 g	4000	120	0	180	1.00	0.00	0.0	0	1.2	0	1.0	14.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	3800	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
BAKED POTATO	1 EACH	200	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
BUTTER: individual	PAT	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Cheddar Cheese	1 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*
BROCCOLI,raw: fresh	1/8 CUP	1	4	0	4	0.30	0.08	5.3	71	10.15	0	0.32	0.76	0.04	0.01	0.00
SALAD,TOSSSED: no dressing	1/2 CUP	1500	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
SALAD DRESSING,Assorted	1 TBSP	1700	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
MAYONNAISE:individual PC	Pkt 7g	600	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Mustard 4/1g 2012	1 each	200	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.00	0.00	0.00
ketchup bulk	1 each	1000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.00	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*
Milk Skim pkwy	8 oz	1851	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
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	900	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

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Weighted Daily Average			519	21	930	6.36	1.25	355.2	*2275	33.14	*53	15.54	85.40	14.98	3.28	*0.00
% of Calories											*41.1%	12.0%	65.8%	26.0%	5.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Thu - 03/05/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	20	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Spaghetti with Meatsauce-pkwy	2/3 cup	4500	214	36	112	2.47	2.28	29.1	871	20.24	*1	11.64	17.57	10.99	3.96	*0.00
SALAD PLATTER-4	1 EACH	100	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
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
Parkway hot dog	4 oz.	15	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*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 SANDWICH	1 EACH	50	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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	4500	128	0	222	0.94	1.33	6.9	0	0.0	0	3.74	21.33	2.96	0.44	*N/A*
SALAD, TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 TBSP	90	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Sorbet Blue Raspberry Luigis	4.4 oz	4000	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
BROCCOLI: frozen, boiled	1/2 CUP	3000	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
ketchup bulk	1 each	700	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	200	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Skim pkwy	8 oz	1760	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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	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	400	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			598	48	658	9.09	4.46	357.9	*2459	105.04	*31	25.96	90.86	15.81	5.38	*0.00
% of Calories											*20.7%	17.4%	60.8%	23.8%	8.1%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Fri - 03/06/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	50	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
TOASTED CHEESE SANDWICH	SERVINGS	2800	264	30	1012	4.00	0.00	401.0	1622	0.01	*4	18.03	25.03	12.24	7.05	*0.00
salad platter-5	1 each	800	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
Parkway Burger	3.5 oz	100	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.	100	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
TOMATO SOUP-CAMBELLS	SERVING	4000	135	0	1065	1.50	1.08	0.0	750	9.0	*N/A*	3.0	30.0	0.0	0.00	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	4000	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	0.00	0.00
BAKED POTATO	1 EACH	200	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
BUTTER: individual	PAT	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1/2 CUP	1500	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
SALAD DRESSING,Assorted	1 TBSP	1700	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
MAYONNAISE:individual PC	Pkt 7g	600	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Mustard 4/1g 2012	1 each	200	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	1000	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		*N/A*	*N/A*	*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	1851	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
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	900	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			688	39	2448	9.88	2.53	630.1	*4171	55.61	*44	29.92	109.90	16.90	7.44	*0.00
% of Calories											*25.8%	17.4%	63.9%	22.1%	9.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Mon - 03/09/2020																
Parkway Elementary Lunch	Total	3605														
Nardone Cheese French Bread	158 gram	5	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
French Toast Bulk	4 ea	3000	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	0.00
SALAD PLATTER-1	1 EACH	200	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Parkway Burger	3.5 oz	50	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Parkway hot dog	4 oz.	100	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*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
HAM SANDWICH	1 EACH	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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*
Sunflowerbutter	1.5 oz	1	262	0	141	2.39	1.75	26.6	23	0.0	*N/A*	7.35	9.91	23.47	1.99	0.00
PORK SAUSAGE PATTY	1 EACH	3000	76	16	120	0.63	0.00	804.3	0	0.0	0	1.9	0.0	6.97	2.22	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
SYRUP,PANCAKE	1 TBSP	3000	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	605	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	2500	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	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
ketchup bulk	1 each	100	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	305	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	300	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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 Skim pkwy	8 oz	1000	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% PFD	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			581	24	724	3.52	2.01	962.1	*931	14.47	*43	14.81	84.96	19.94	5.07	*0.00
% of Calories											*29.3%	10.2%	58.5%	30.9%	7.8%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Tue - 03/10/2020																
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	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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
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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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		*N/A*	*N/A*	*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*
SPINACH SALAD	1 EA	2500	9	0	11	0.82	0.33	17.2	1231	2.93	1	0.66	1.94	0.1	0.01	0.00
SALAD,TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Sorbet Blue Raspberry Luigis	4.4 oz	1	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	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	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 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
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 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
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

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

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Weighted Daily Average % of Calories			483	39	927	5.34	3.02	601.0	*2302	17.87	*35 *28.6%	26.99 22.4%	66.66 55.2%	12.58 23.4%	5.73 10.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 03/11/2020																
	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)
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	220	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Chicken strip potato breaded	94 grams	3100	210	45	510	1.00	0.72	0.0	0	0.0	*N/A*	12.0	13.0	13.0	3.00	0.00
SALAD PLATTER-3	1 EACH	100	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
Parkway Burger	3.5 oz	520	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.	520	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
TURKEY W/CHEESE SANDWICH	1 EACH	150	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	150	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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*
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	3000	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Roll, New	1 oz	1	83	0	125	0.62	0.74	10.9	11	2.41	*0	2.14	12.6	2.52	0.41	0.00
Butter Buds	1 tsp	1	10	0	75	0.00	0.00	0.0	0	0.0	0	0.0	2.0	0.0	0.00	0.00
SALAD, TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 TBSP	90	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Mustard 4/1g 2012	1 each	200	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Sweet Potato Fries KK	3 oz	3000	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
Blueberries, Frozen	1/2 CUP	4500	21	0	0	0.89	0.10	2.2	20	3.59	4	0.27	5.36	0.12	0.01	0.00
WHIPPED TOPPING	1 TBSP	1	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
FRUIT, FRESH ASSORTED	1 EACH	4200	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	700	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*
Milk 1% Strawberry	8 oz	1000	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	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
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	760	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			507	52	1903	6.68	2.58	252.4	*3837	46.27	*33 *26.0%	20.64 16.3%	71.93 56.8%	17.77 31.6%	4.47 7.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Thu - 03/12/2020																
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	118	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
NACHOS WITH GROUND BEEF	SERVINGS	3000	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Cheese Sauce, Parkway	2 oz	1	*143	*29	*519	*0.03	*0.05	*299.5	*411	*0.48	*2	*9.19	*4.18	*9.91	*5.72	*0.00
SALAD PLATTER-4	1 EACH	180	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
Parkway Burger	3.5 oz	180	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.	130	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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 and Black Bean Salsa	4 oz	3500	121	*0	331	4.61	1.43	28.4	74	2.44	*4	4.41	19.35	3.94	0.63	*0.00
Fruit Icy Mango Chamoy	4.40 oz	2000	90	0	15	3.00	0.00	80.0	2500	60.0	21	0.0	25.0	0.0	0.00	0.00
SALAD, TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 TBSP	2000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRUIT, FRESH ASSORTED	1 EACH	2000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
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 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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Juice Orange	4 oz	1500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Juice Apple	4 oz	2400	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average			*730	*72	*1549	*9.05	*3.36	*539.4	*2849	*57.69	*52	*27.53	*90.57	*30.64	*11.49	*0.09
% of Calories											*28.7%	*15.1%	*49.6%	*37.8%	*14.2%	*0.1%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Fri - 03/13/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	50	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Soup, Chicken Noodle	8 oz	2800	90	15	410	1.00	0.36	20.0	500	0.0	2	7.0	11.0	1.5	0.50	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
salad platter-5	1 each	800	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
Parkway Burger	3.5 oz	100	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.	100	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
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
TOMATO SOUP-CAMBELLS	SERVING	4000	135	0	1065	1.50	1.08	0.0	750	9.0	*N/A*	3.0	30.0	0.0	0.00	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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*
PEARS: canned,light syrup	1/2 CUP	4000	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
BAKED POTATO	1 EACH	200	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
BUTTER: individual	PAT	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1/2 CUP	1500	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
SALAD DRESSING,Assorted	1 TBSP	1700	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
MAYONNAISE:individual PC	Pkt 7g	600	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Mustard 4/1g 2012	1 each	200	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	1000	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		*N/A*	*N/A*	*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	1851	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
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	900	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			614	28	2045	9.14	2.98	375.2	*3393	43.92	*52	22.57	112.18	9.59	2.99	*0.00
% of Calories											*34.1%	14.7%	73.1%	14.1%	4.4%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Mon - 03/16/2020																
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	

Tue - 03/17/2020																
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	

Wed - 03/18/2020																
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	

Thu - 03/19/2020																
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	

Fri - 03/20/2020																
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230	4.00					0.0%	0.0%	0.0%	<=35.0	<10.00	

Mon - 03/23/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	360	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
chicken breast grilled	1 each	3700	170	45	330	0.00	0.36	0.0	0	0.0	*N/A*	14.0	2.0	12.0	3.00	*N/A*
Bacon. Lay Flat	16 g	1	75	21	267	0.00	0.00	0.0	0	0.0	0	5.33	0.0	6.4	2.13	0.00
Cheese Provel	1 oz	1	113	28	170	0.00	0.20	303.3	327	0.0	*N/A*	5.67	0.0	8.5	5.67	*N/A*
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
SALAD PLATTER-1	1 EACH	200	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Parkway hot dog	4 oz.	720	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
Parkway Burger	3.5 oz	504	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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
CORN: canned, yellow	1 1/2 CUP	1	604	0	1849	18.04	2.44	27.1	415	16.24	40	20.66	129.35	11.0	2.21	0.00
Mandarin oranges	1/2 cup	3500	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	1200	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	600	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALAD, TOSSED: no dressing	1 CUP	3700	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 TBSP	3000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
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 Skim pkwy	8 oz	1721	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	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	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	1200	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
Weighted Daily Average % of Calories			504	53	1075	5.40	2.38	316.6	*3250	42.84	*32	23.22	64.34	18.30	4.85	*0.00
Nutrient Guideline			550-650		1230	4.00					*25.2%	18.4%	51.1%	<=35.0	<10.00	

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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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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Tue - 03/24/2020																
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	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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*
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
SALAD, TOSSED: no dressing	1 CUP	2500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Fruit Cup Watermelon	4 oz	1	90	0	10	3.00	0.36	80.0	500	60.0	*N/A*	0.0	23.0	0.0	0.00	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	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

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Weighted Daily Average % of Calories			488	39	874	6.19	3.16	632.0	*3462	32.76	*36 *29.1%	27.60 22.6%	68.20 55.9%	12.68 23.4%	5.75 10.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 03/25/2020																
	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)
Parkway Elementary Lunch	Total	4125														
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*
Turkey and Cheese on Pretzel B	4.5	1	377	37	828	1.00	3.85	75.9	152	0.0	*0	21.59	52.0	9.62	3.89	0.00
SALAD PLATTER-3	1 EACH	800	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
Parkway Burger	3.5 oz	100	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.	100	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	4000	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
SALAD DRESSING, Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Scooby Snacks	25 g	3800	70	0	30	4.00	0.00	0.0	40	60.0	8	0.0	21.0	0.0	0.00	0.00
BAKED POTATO	1 EACH	200	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
BUTTER: individual	PAT	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD, TOSSED: no dressing	1/2 CUP	1500	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
SALAD DRESSING, Assorted	1 TBSP	1700	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
MAYONNAISE: individual PC	Pkt 7g	600	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Mustard 4/1g 2012	1 each	200	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	1000	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*
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 Skim pkwy	8 oz	1851	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	2274	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	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	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	900	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			430	20	762	10.34	1.17	402.5	*16116	90.16	*49 *45.8%	14.75 13.7%	81.27 75.6%	8.19 17.1%	2.32 4.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Thu - 03/26/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	20	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-4	1 EACH	100	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
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
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.	15	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*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 SANDWICH	1 EACH	50	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
SALAD DRESSING, Assorted	1 TBSP	90	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Sorbet Blue Raspberry Luigis	4.4 oz	4000	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
ketchup bulk	1 each	700	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	200	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Skim pkwy	8 oz	1760	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk 1% PFD	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
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	400	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			378	14	489	5.47	1.17	304.8	*1050	65.87	*28	10.96	71.08	6.57	1.21	*0.00
% of Calories											*30.0%	11.6%	75.1%	15.6%	2.9%	*0.00
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Elementary Lunch

Portion Values - Detailed

Generated on: 2/12/2020 1:30:24 PM

	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 - 03/27/2020																
Parkway Elementary Lunch	Total	4125														
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	50	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Cheese Bites, Mini	112 grams	2800	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
salad platter-5	1 each	800	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
Parkway Burger	3.5 oz	100	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.	100	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	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
Baked Bean Parkway	4 oz	4000	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*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
BAKED POTATO	1 EACH	200	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
BUTTER: individual	PAT	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD, TOSSED: no dressing	1/2 CUP	1500	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
SALAD DRESSING, Assorted	1 TBSP	1700	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
MAYONNAISE: individual PC	Pkt 7g	600	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Mustard 4/1g 2012	1 each	200	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	1000	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*
Milk Skim pkwy	8 oz	1851	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
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	900	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			824	32	1374	21.01	4.88	575.8	*2648	54.34	*60	35.33	134.46	17.33	5.46	*0.00
% of Calories											*28.9%	17.2%	65.3%	18.9%	6.0%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Mon - 03/30/2020																
Parkway Elementary Lunch	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*
Nardone Cheese French Bread	158 gram	360	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	0.00
Veggie Chik'n Nuggets	3.80 oz	3700	250	0	462	3.75	2.70	20.0	1000	1.2	3	15.0	25.0	11.25	1.88	0.00
SALAD PLATTER-1	1 EACH	200	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Parkway hot dog	4 oz.	720	220	56	490	0.50	2.16	180.0	*0	3.6	*N/A*	12.0	22.0	10.0	2.50	*0.00
Parkway Burger	3.5 oz	504	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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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
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*
Garlic Noodles	1/2 cup	3000	178	0	17	1.56	1.40	0.7	84	0.1	*2	5.44	31.8	2.45	0.31	0.00
Broccoli Bites	146 g	1	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
Strawberry Cups, Frozen	4 oz	3500	109	0	3	2.15	0.67	12.5	27	46.95	27	0.6	29.39	0.15	0.01	0.00
HOT SAUCE	2 oz	1500	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	1 oz	1500	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
ketchup bulk	1 each	1200	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	600	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1 CUP	3700	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 TBSP	3000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*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
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 Skim pkwy	8 oz	1721	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	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	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	1200	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
Weighted Daily Average			678	23	1648	9.47	4.96	327.2	*4122	68.81	*51	26.58	106.03	19.21	4.27	*0.00
% of Calories											*30.3%	15.7%	62.5%	25.5%	5.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 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 ¹ (g)
Tue - 03/31/2020																
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	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	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*
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
SALAD, TOSSED: no dressing	1 CUP	2500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING, Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Sorbet Blue Raspberry Luigis	4.4 oz	1	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	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	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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Elementary Lunch

Portion Values - Detailed

Page 20

Generated on: 2/12/2020 1:30:24 PM

	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			488	39	873	6.19	3.16	631.9	*3461	32.76	*36 *29.1%	27.59 22.6%	68.19 55.9%	12.67 23.4%	5.75 10.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Weighted Average			*561	*37	*1227	*8.14	*2.91	*474.5	*3756	*49.97	*42 *67.7%	*23.48 *16.7%	*85.80 *61.2%	*15.31 *24.6%	*4.94 *7.9%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	561		550 - 650	100%	Missing			
Cholesterol (mg)	37				Missing			
Sodium 1 (mg)	1227		1230		Missing			
Sodium 2 (mg)	1227		935		Missing		292	Correction Required - Sodium too High
Fiber (g)	8.14		4.00	203%	Missing			
Iron (mg)	2.91				Missing			
Calcium (mg)	474.5				Missing			
Vitamin A (IU)	3756				Missing			
Sugars (g)	42	30.11%			Missing			
Vitamin C (mg)	49.97				Missing			
Protein (g)	23.48	16.74%			Missing			
Carbohydrate (g)	85.80	61.19%			Missing			
Total Fat (g)	15.31	24.56%	<=35.00%		Missing			
Saturated Fat (g)	4.94	7.93%	<10.00%		Missing			
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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