

Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/01/2020																
Adventure Club 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*
Pizza Tony's 5" cheese	5 oz	3700	415	16	775	1.71	2.51	210.7	295	0.68	0	14.01	39.74	21.86	7.27	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*
Lettuce Green Leaf	1 cup	3000	5	0	10	0.47	0.31	13.0	2666	3.31	0	0.49	1.03	0.05	0.01	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, 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			400	15	619	3.70	2.03	242.4	2166	14.58	20	13.55	51.88	15.88	5.53	0.00
% of Calories											19.8%	13.6%	51.9%	35.7%	12.4%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 09/02/2020																
Adventure Club 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*
Pancakes Mini 8ct Pillsbury	pkg	117	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
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
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*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	0.91	0	0.17	0.61	0.05	0.02	0.00
CARROT STICKS	2 oz	1	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
CELERY STICKS	1/8 CUP	1	3	0	15	0.30	0.04	7.4	83	0.58	0	0.13	0.55	0.03	0.01	0.00
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
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			5	0	6	0.06	0.02	1.3	2	0.00	*0	0.13	0.91	0.16	0.02	0.00
% of Calories											*1.0%	9.6%	69.9%	26.9%	2.8%	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

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/03/2020																
Adventure Club 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*
Roast Beef Sandwich	4.5 ounce	360	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	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*
Bean Salad	4 oz	1	147	0	610	8.61	2.43	49.8	501	3.67	*3	7.51	20.95	4.02	0.92	*0.16
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	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			75	7	150	0.26	*0.05	*82.2	*411	*0.00	*9	4.18	11.30	1.55	0.88	*0.00
% of Calories											*49.7%	22.2%	60.2%	18.6%	10.5%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Fri - 09/04/2020																
Adventure Club 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*
TUNA SALAD	3 ounce	20	134	28	388	0.50	0.66	18.7	138	1.17	*3	12.97	4.37	7.29	0.97	*0.02
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*
CRACKERS	12 EACH	4500	150	0	339	1.01	2.01	6.8	1	0.0	0	3.41	26.66	3.11	0.60	0.06
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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	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			237	6	467	0.96	1.90	132.7	635	0.01	*14	8.32	40.35	4.55	1.51	*0.06
% of Calories											*24.1%	14.0%	68.0%	17.2%	5.7%	*0.2%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Mon - 09/07/2020																
Adventure Club Lunch	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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 - 09/08/2020																
Adventure Club 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*
Pizza Dominos Cheese WG	1/8th of 14 in	117	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Bread Wheat Sub Roll	3.20 oz	1	230	0	490	4.00	2.70	100.0	0	0.0	5	9.0	46.0	2.5	1.00	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
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	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			8	1	15	0.09	0.05	15.2	23	0.19	*0	0.61	0.91	0.21	0.11	*0.00
% of Calories											*0.7%	31.5%	47.0%	25.0%	12.4%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 09/09/2020																
Adventure Club 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*
Ham and Cheese on Pretzel Bun	5 oz	360	375	36	1233	1.00	3.84	102.9	253	0.0	*3	16.28	54.7	10.24	4.21	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*
salad peas and carrots	#8	1	67	2	128	3.42	0.91	36.2	6994	4.81	*0	2.94	9.43	2.05	0.42	*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
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			86	6	175	0.07	0.25	88.9	429	0.00	*9	4.35	13.43	1.69	0.89	*0.00
% of Calories											*42.9%	20.2%	62.4%	17.7%	9.3%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/10/2020																
Adventure Club 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*
Tortilla Chips Azteca	1 oz	20	130	0	0	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	4.5	0.50	0.00
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*
Corn and Black Bean Salsa	4 oz	4500	121	*0	331	4.61	1.43	28.5	74	2.47	*4	4.41	19.36	3.94	0.63	*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	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			*210	*6	*458	*4.37	*1.35	*153.3	*700	*2.34	*17	*9.23	*33.52	*5.32	*1.54	*0.00
% of Calories											*32.9%	*17.6%	*63.8%	*22.8%	*6.6%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Fri - 09/11/2020																
Adventure Club 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*
Bread Flat Bread WG	2 oz	50	170	0	290	3.00	2.88	90.0	0	0.0	2	5.0	26.0	5.0	1.00	0.00
Cheese Mozz. Lite Shred-com	2 oz	1	127	19	299	0.00	0.14	414.5	225	0.0	*N/A*	15.58	1.78	6.12	3.89	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*
Marinara Sauce Parkway-19-20	2 oz	4000	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Peach Cup, Frozen	1/2 cup	1	107	0	7	2.04	0.42	3.4	322	106.82	25	0.71	27.19	0.15	0.02	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			128	6	417	1.44	0.60	133.6	825	5.09	*18	5.56	22.86	1.99	0.84	*0.00
% of Calories											*55.3%	17.4%	71.5%	14.0%	5.9%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/14/2020																
Adventure Club Lunch	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*
TURKEY BREAST,BAKED with SKIN	2 oz	3000	107	42	36	0.00	0.79	11.9	0	0.0	*N/A*	16.27	0.0	4.2	1.19	*N/A*
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
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*
CRACKERS	12 EACH	1	150	0	339	1.01	2.01	6.8	1	0.0	0	3.41	26.66	3.11	0.60	0.06
PASTA SALAD	3/8 CUP	1	141	0	50	1.91	0.84	19.2	1053	9.14	*1	3.35	16.18	7.05	1.06	0.00
PEARS: canned,light syrup	1/2 CUP	3000	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	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			232	40	163	1.67	0.95	126.2	555	0.73	*25	18.18	29.17	4.92	1.83	*0.00
% of Calories											*42.8%	31.3%	50.3%	19.1%	7.1%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Tue - 09/15/2020																
Adventure Club 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*
Pizza Dominos Cheese WG	1/8th of 1 4 in	117	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
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*
SPINACH SALAD	1 EA	1	9	0	11	0.82	0.33	17.2	1231	2.93	1	0.66	1.94	0.1	0.01	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	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			8	1	15	0.09	0.05	15.2	23	0.19	*0	0.61	0.89	0.21	0.11	0.00
% of Calories											*0.6%	31.8%	46.6%	25.1%	12.6%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/16/2020																
Adventure Club 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*
Waffles Bulk	each 1.33	117	70	4	95	0.00	0.72	20.0	0	0.0	1	2.0	11.0	2.5	0.00	0.00
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
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*
CELERY STICKS	1/4 CUP	1	5	0	30	0.59	0.07	14.9	167	1.15	0	0.26	1.1	0.06	0.02	0.00
CARROT STICKS	2 oz	1	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	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	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			2	0	3	0.00	0.02	0.7	2	0.00	*0	0.07	0.35	0.08	0.00	0.00
% of Calories											*7.4%	11.7%	61.7%	32.8%	0.5%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Thu - 09/17/2020																
Adventure Club 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*
Beef Roast, unsliced	2 oz	360	51	25	547	0.00	0.73	0.0	0	0.0	0	7.09	0.0	2.02	1.01	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
Tortilla WG 8 inch	2 oz	1	179	0	210	1.55	1.40	46.7	0	0.0	*N/A*	5.45	30.35	3.89	0.77	*N/A*
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*
Hummus-P	1/2 cup	1	158	0	436	9.10	1.49	65.5	5	2.31	*0	7.86	22.56	4.88	1.01	*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	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			65	6	130	0.00	0.05	82.3	411	0.00	*9	3.75	9.88	1.16	0.68	*0.00
% of Calories											*55.6%	23.1%	60.7%	16.1%	9.5%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/18/2020																
Adventure Club 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*
TUNA SALAD	3 ounce	20	134	28	388	0.50	0.66	18.7	138	1.17	*3	12.97	4.37	7.29	0.97	*0.02
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*
CRACKERS	12 EACH	4500	150	0	339	1.01	2.01	6.8	1	0.0	0	3.41	26.66	3.11	0.60	0.06
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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	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			237	6	467	0.96	1.90	132.7	635	0.02	*14	8.32	40.35	4.55	1.51	*0.06
% of Calories											*24.1%	14.0%	68.0%	17.2%	5.7%	*0.2%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Mon - 09/21/2020																
Adventure Club 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*
Cheese Marble Stick-Bongards	2 oz	3700	220	40	340	0.00	0.00	400.0	0	0.0	*N/A*	12.0	0.0	18.0	12.00	0.00
Simply Chex Cheddar	26 g	1	110	0	135	2.00	0.36	0.0	20	0.0	4	2.0	20.0	2.5	0.50	0.00
CHEEZ-IT LFT	1 EACH	200	180	0	520	1.00	2.70	60.0	100	0.0	*N/A*	5.0	28.0	5.0	1.50	*N/A*
Salad mac & veg	#6	1	176	3	158	3.63	1.77	50.8	5302	8.55	5	6.91	29.83	2.61	0.38	*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, 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			273	31	342	2.34	0.28	364.1	528	12.33	*20	12.12	25.77	13.45	8.74	*0.00
% of Calories											*28.8%	17.8%	37.8%	44.4%	28.8%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/22/2020																
Adventure Club 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*
Pizza Tony's 5" cheese	5 oz	117	415	16	775	1.71	2.51	210.7	295	0.68	0	14.01	39.74	21.86	7.27	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
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
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			13	0	23	0.05	0.08	6.4	9	0.05	*0	0.42	1.21	0.65	0.22	*0.00
% of Calories											*0.3%	13.5%	38.6%	47.1%	15.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Wed - 09/23/2020																
Adventure Club 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*
Turkey and Cheese on Pretzel B	4.5	360	377	37	828	1.00	3.85	75.9	152	0.0	*0	21.59	52.0	9.62	3.89	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*
Pea Salad	1/2 cup	1	119	15	333	3.24	*0.86	*18.9	*372	*5.16	*4	9.0	11.32	4.55	2.45	*0.00
Scooby Snacks	25 g	1	70	0	30	4.00	0.00	0.0	40	60.0	8	0.0	21.0	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	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			86	7	148	0.07	*0.25	*87.2	*421	*0.01	*9	4.69	13.25	1.65	0.87	*0.00
% of Calories											*41.9%	21.8%	61.5%	17.3%	9.1%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/24/2020																
Adventure Club 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*
Tortilla Chips Azteca	1 oz	20	130	0	0	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	4.5	0.50	0.00
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*
Pasta Salad southwest penne	#6	4500	215	0	486	5.93	2.68	44.6	8	0.11	*3	9.45	41.01	1.0	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	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 % of Calories			*298	*6	*604	*5.61	*2.54	*168.5	*638	*0.11	*16	*13.99	*53.98	*2.54	*0.95	*0.00
											*21.8%	*18.8%	*72.4%	*7.7%	*2.9%	*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 ¹ (g)
Fri - 09/25/2020																
Adventure Club 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 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
CREAM CHEESE	1 oz	1	12	4	11	0.00	0.00	3.4	39	0.0	0	0.22	0.2	1.22	0.72	*N/A*
Tortilla WG 8 inch	2 oz	1	179	0	210	1.55	1.40	46.7	0	0.0	*N/A*	5.45	30.35	3.89	0.77	*N/A*
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*
Marinara Sauce Parkway-19-20	2 oz	4000	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*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	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 % of Calories			127	6	419	1.40	0.56	132.5	825	5.07	*18	5.65	22.56	2.00	0.85	*0.00
											*55.6%	17.8%	71.0%	14.1%	6.0%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/28/2020																
Adventure Club 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*
TACO,BEEF	1 EACH	3700	326	50	406	2.46	1.91	176.6	438	2.58	*1	16.12	19.36	20.2	8.03	*0.05
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*
Salad Potato -South 2019	.5 cup	3000	107	15	80	1.93	0.84	25.0	64	9.62	*3	2.76	19.88	2.22	*0.30	*0.00
Luigi's Sorbet	4 oz	5000	80	0	10	0.00	0.00	0.0	0	60.0	*N/A*	0.0	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	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			410	45	419	2.69	1.74	213.9	738	61.15	*11	15.56	51.66	15.74	*6.15	*0.03
% of Calories											*10.9%	15.2%	50.4%	34.6%	*13.5%	*0.1%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Tue - 09/29/2020																
Adventure Club 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*
Pizza Dominos Cheese WG	1/8th of 1 4 in	117	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
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*
Salad Caesar	8 oz	1	624	78	8113	8.39	3.94	1189.8	16354	7.54	*2	37.36	44.45	31.16	16.91	*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	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			8	1	17	0.09	0.06	15.5	27	0.19	*0	0.61	0.90	0.22	0.11	*0.00
% of Calories											*0.6%	31.7%	46.2%	25.5%	12.8%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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Parkway School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Adventure Club Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/30/2020																
Adventure Club 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*
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
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
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	2 oz	1	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
CELERY STICKS	1/4 CUP	1	5	0	30	0.59	0.07	14.9	167	1.15	0	0.26	1.1	0.06	0.02	0.00
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
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	84.9	412	0.00	*9	3.55	11.82	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	

Weighted Average			*142	*10	*246	*1.24	*0.70	*108.6	*496	*4.86	*10	*6.35	*20.81	*3.80	*1.62	*0.01
											*66.0%	*17.9%	*58.6%	*24.1%	*10.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	142		550 - 650	26%	Missing	408		Correction Required - Calories are Low
Cholesterol (mg)	10				Missing			
Sodium 1 (mg)	246		1230		Missing			
Sodium 2 (mg)	246		935		Missing			
Fiber (g)	1.24		4.00	31%	Missing	2.76		Correction Required - Fiber is Low
Iron (mg)	0.70				Missing			
Calcium (mg)	108.6				Missing			
Vitamin A (IU)	496				Missing			
Sugars (g)	10	29.35%			Missing			
Vitamin C (mg)	4.86				Missing			
Protein (g)	6.35	17.91%			Missing			
Carbohydrate (g)	20.81	58.63%			Missing			
Total Fat (g)	3.80	24.12%	<=35.00%		Missing			
Saturated Fat (g)	1.62	10.26%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.01	0.04%			Missing			

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