

# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/03/2020																
Central Senior High	Total	1														
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 Taquitos	2 each	1	243	54	71	5.20	2.44	53.0	32	1.0	0	10.0	33.0	7.8	2.10	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM & CHEESE SW	1 EACH	1	240	25	1090	1.00	1.80	100.0	200	2.4	*N/A*	12.0	32.0	7.0	2.50	*N/A*
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	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*
Wrap Chipotle Chicken	1 each	1	371	79	1232	4.43	2.02	246.5	378	1.01	*1	34.34	24.47	16.63	4.80	*0.00
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Corn and Black Bean Salsa	4 oz	1	121	*0	331	4.61	1.43	28.4	74	2.44	*4	4.41	19.35	3.94	0.63	*0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	*N/A*	1.0	3.0	0.0	0.00	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
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*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	1	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	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			4235	*518	11335	48.65	29.40	3646.6	11058	132.85	*100	262.41	467.45	153.01	52.73	*0.01
% of Calories											*9.5%	24.8%	44.1%	32.5%	11.2%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

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

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

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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/04/2020																
Central Senior High	Total	1060														
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 Bacon Ranch SW	6.50 oz	220	451	113	1435	4.13	*1.68	*67.0	*30	*0.46	4	33.04	29.43	25.58	10.92	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
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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRUIT,FRESH ASSORTED	EACH	200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Specialty Items	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 Tenders	4 oz	350	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
Wrap Chicken Caesar	each wrap	400	451	30	889	4.42	1.71	52.3	711	7.13	*2	18.01	47.06	20.21	3.73	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	800	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			575	60	1303	4.11	*2.42	*235.8	*1113	*6.18	*23	29.23	65.64	22.38	5.79	*0.00
% of Calories											*16.3%	20.3%	45.6%	35.0%	9.0%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/05/2020																
Central Senior High	Total	1000														
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*
Orange Chicken	4 oz	1	326	75	617	2.79	0.33	167.4	140	0.0	10	16.74	28.94	15.81	2.79	0.00
Egg Roll Vegetarian-Minh Ig	3.1 oz	1	140	5	270	2.00	0.72	40.0	500	9.0	*N/A*	4.0	22.0	4.5	1.00	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 Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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 Papa John's WG Cheese 15	1/8 of 14 inch	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
Oriental Vegetables	4 oz	1	38	0	23	3.02	0.39	25.6	352	18.89	*N/A*	1.51	6.04	0.0	0.00	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked DORITOS® NACHO CHEESIER®	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	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*
Panini Turkey Bacon Dijon	9.75 oz	1	467	83	1760	2.99	*0.89	*50.7	*195	*4.56	*2	30.68	31.58	25.49	9.69	*0.00
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
Weighted Daily Average % of Calories			5	1	11	0.05	*0.03	*3.4	*9	*0.13	*0	0.24	0.56	0.19	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.4%	20.0%	46.2%	34.9%	13.3%	*0.0%

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

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/06/2020																
Central Senior High	Total	1060														
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 Western Bacon Cheeseburger	4.75 oz	220	291	23	516	4.94	9.08	34.5	126	0.69	*5	14.94	42.48	8.07	2.27	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-4	1 EACH	10	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*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	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Specialty Items	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*
Wrap Buffalo Chiken	1 each	1	343	93	1220	4.60	1.78	106.6	225	1.86	*1	20.81	30.13	16.86	3.51	*0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	400	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	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
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	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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, 1% White	8 oz	300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			454	36	780	4.91	3.67	357.8	989	13.57	*28	20.15	61.11	17.13	6.00	*0.00
% of Calories											*24.4%	17.8%	53.8%	34.0%	11.9%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/07/2020																
Central Senior High	Total	1000														
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*
Pork Roast	2 oz	1	129	43	1088	0.00	0.97	5.8	0	0.0	0	16.41	0.0	6.54	2.26	*N/A*
Sauce, BBQ	2 oz	1	94	0	331	0.00	0.63	17.3	252	0.94	9	0.0	20.47	0.0	0.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	1	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
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
HAM SANDWICH	1 EACH	1	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	1	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 Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots with Honey	4 oz	1	49	0	237	1.67	0.31	21.3	8594	1.28	*6	0.3	8.74	1.57	0.28	*0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	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*
Wrap Tuna	5 oz	1	293	55	532	4.75	2.50	63.8	296	1.32	*2	24.08	27.79	10.23	1.95	*0.00
Wrap Turkey and Spinach	1 each	1	416	75	1124	5.71	3.02	337.7	2044	9.92	*6	30.24	33.77	19.94	5.80	*0.00
Wrap Chicken Club	5 oz	1	330	57	805	5.00	1.97	165.0	625	4.5	*0	28.5	36.99	8.49	2.49	*0.00
Burrito Chicken Southwest	12 oz	1	490	101	1506	7.81	*2.66	*96.3	*111	*5.11	2	34.39	53.27	17.15	6.57	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			5	1	12	0.07	*0.04	*3.6	*20	*0.13	*0	0.32	0.60	0.16	0.06	*0.00
% of Calories											*10.3%	25.3%	47.7%	29.2%	10.3%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/10/2020																
Central Senior High	Total	1														
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 TACO	2 EACH	1	228	43	249	2.70	1.61	100.0	499	4.28	*2	19.11	19.87	8.53	2.98	*0.04
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	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*
Wrap Chicken Club	5 oz	1	330	57	805	5.00	1.97	165.0	625	4.5	*0	28.5	36.99	8.49	2.49	*0.00
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
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*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	1	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	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% 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
Weighted Daily Average % of Calories			4628	530	10295	55.26	35.13	3965.5	11782	112.31	*135 *11.7%	288.78 25.0%	519.31 44.9%	162.77 31.7%	57.22 11.1%	*0.05 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

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

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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/11/2020</b>																
Central Senior High	Total	1060														
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*
Philly cheese steak	5 oz	220	457	69	553	66.34	4.29	208.2	196	7.33	*0	26.34	29.17	26.66	10.30	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 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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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*
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	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 Tenders	4 oz	400	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Wrap- Turkey club	1 each	50	470	91	3858	4.36	1.66	498.5	1617	3.53	*0	39.61	37.28	19.15	7.60	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	800	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			484	45	1014	17.25	2.53	277.6	1028	14.09	*30	24.11	61.68	16.66	4.64	*0.00
% of Calories											*24.4%	19.9%	50.9%	31.0%	8.6%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/12/2020																
Central Senior High	Total	1000														
Lunch	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Spicy Asian	1 Each	1	100	50	450	0.00	1.08	0.0	0	0.0	*N/A*	13.0	5.0	2.5	0.50	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 Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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 Papa John's WG Cheese 15	1/8 of 14 inch	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Sides	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Noodles Lo Mein	4 oz	1	83	0	292	1.00	0.72	10.0	150	1.2	2	3.25	14.0	2.0	0.00	0.00
Oriental Vegetables	4 oz	1	38	0	23	3.02	0.39	25.6	352	18.89	*N/A*	1.51	6.04	0.0	0.00	*N/A*
Oriental Sauce	.5 oz	1	21	0	274	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.11	0.0	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked DORITOS® NACHO CHEESIER®	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Beverages	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Panini Italian Flatbread	7 oz	1	606	57	1331	3.56	2.26	270.0	1110	7.01	*3	22.89	30.64	43.22	12.86	*0.00
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
Weighted Daily Average			5	1	11	0.05	0.03	3.4	10	0.13	*0	0.23	0.51	0.19	0.07	*0.00
% of Calories											*11.5%	19.7%	44.0%	36.9%	14.0%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

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

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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/13/2020																
Central Senior High	Total	1060														
Lunch	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Drumstick Buffalo	92 grams	220	170	60	300	0.00	1.08	0.0	300	0.0	0	17.0	4.0	10.0	2.50	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-4	1 EACH	10	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*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*
PotatoesBBQ Fries Sidewinders	3.32 oz	1	150	0	450	2.00	0.72	0.0	100	2.4	1	2.0	25.0	4.5	0.50	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
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Specialty Items	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*
Wrap Buffalo Chiken	1 each	1	343	93	1220	4.60	1.78	106.6	225	1.86	*1	20.81	30.13	16.86	3.51	*0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	400	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	0.00
TOASTED RAVIOLI	1 EACH	50	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	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
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	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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 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	300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			442	45	763	3.97	2.06	352.4	1041	13.55	*27	21.10	54.71	18.09	6.17	*0.00
% of Calories											*24.2%	19.1%	49.5%	36.8%	12.6%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Fri - 02/14/2020																
Central Senior High	Total	1000														
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

Feb 1, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			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			750-850		1420	4.50	4.00	30.00	600	30.00	0.0%	20.00	440.00	<=30.0	<10.00	

Mon - 02/17/2020																
	Total SERVING															
Central Senior High HOLIDAY	1000	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 % 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			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/18/2020																
Central Senior High	Total	1060														
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 Alfredo PARKWAY 10	2-#8	220	307	39	547	1.80	2.06	193.1	149	0.0	*2	18.94	45.86	4.75	1.32	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 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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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*
Bread Garlic Knot	2 oz	1	181	0	272	1.13	1.70	11.3	*N/A*	*N/A*	1	4.54	26.08	5.67	1.13	0.00
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*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	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 Tenders	4 oz	400	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Wrap Chicken Caesar	each wrap	50	451	30	889	4.42	1.71	52.3	711	7.13	*2	18.01	47.06	20.21	3.73	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	800	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			453	36	873	3.85	2.07	253.5	*973	*12.74	*30	21.56	65.62	12.17	2.59	*0.00
% of Calories											*26.5%	19.1%	58.0%	24.2%	5.2%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

Page 12

Generated on: 1/31/2020 9:59:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/19/2020																
Central Senior High	Total	1000														
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 and Broccoli	6 oz	1	225	52	175	2.10	1.81	122.7	704	25.24	2	25.34	14.73	7.42	3.24	0.16
Whole Wheat Hamburger Bun W Cheese, American slices	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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 Papa John's WG Cheese 15	1/8 of 14 inch	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
Edamame	4 oz	1	95	0	5	4.00	1.62	50.0	400	3.0	2	8.5	7.5	4.0	0.50	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	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*
Panini Beef with a Kick	10.75 oz	1	456	91	2120	6.62	4.35	494.9	1152	15.54	*5	28.22	34.01	23.68	13.45	0.00
Panini Turkey Bacon Dijon	9.75 oz	1	467	83	1760	2.99	*0.89	*50.7	*195	*4.56	*2	30.68	31.58	25.49	9.69	*0.00
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
Weighted Daily Average			5	1	13	0.06	*0.04	*3.8	*11	*0.15	*0	0.29	0.58	0.20	0.09	*0.00
% of Calories											*10.6%	21.9%	44.4%	35.0%	14.7%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 02/20/2020</b>																
Central Senior High	Total	1060														
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*
MEAT BALL SUBMARINE SAND WICH	1 EACH	200	340	74	690	2.48	3.58	108.4	648	15.07	*2	20.48	34.84	14.37	3.82	*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 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
SALAD PLATTER-4	1 EACH	10	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	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*
Potatoes, Tater Tots	71 g	1	120	0	180	1.00	0.00	0.0	0	1.2	0	1.0	14.0	7.0	1.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Carrot Souffle Savanah	1/2 cup	350	230	75	270	2.00	0.72	40.0	3000	1.2	22	3.0	30.0	11.0	2.50	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	100	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk 1% PFD	8 oz	800	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	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*
Wrap Buffalo Chicken	1 each	30	343	93	1220	4.60	1.78	106.6	225	1.86	*1	20.81	30.13	16.86	3.51	*0.00
Chicken Mini Fillet	2.2 oz	1	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaiiin Rolls	28 g	1	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	0.00
Weighted Daily Average			374	62	509	4.56	2.54	245.9	1870	19.40	*30	16.35	52.78	12.09	3.78	*0.00
% of Calories											*31.9%	17.5%	56.4%	29.1%	9.1%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/21/2020																
Central Senior High	Total	1000														
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*
Fish Wedge, Potato crunch	3.6 oz	1	160	50	300	0.60	0.72	0.0	0	3.6	0	14.0	13.0	6.0	1.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	1	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
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
HAM SANDWICH	1 EACH	1	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	1	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 Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
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*
Peas Blackeyed	.5 cup	1	157	0	141	6.22	1.84	22.0	21	4.88	2	10.15	26.9	1.02	0.01	0.00
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	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*
Wrap Tuna	5 oz	1	293	55	532	4.75	2.50	63.8	296	1.32	*2	24.08	27.79	10.23	1.95	*0.00
Wrap Turkey and Spinach	1 each	1	416	75	1124	5.71	3.02	337.7	2044	9.92	*6	30.24	33.77	19.94	5.80	*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
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
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
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	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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% 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			5	1	10	0.07	0.05	3.7	12	0.13	*0	0.30	0.62	0.16	0.06	*0.00
% of Calories											*10.3%	23.9%	49.2%	29.3%	10.3%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Feb 1, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 02/24/2020</b>																
Central Senior High	Total	1														
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 & Spinach Quesa	1 each	1	106	18	296	1.91	1.09	87.4	3671	11.2	*1	6.45	12.49	3.88	1.62	*0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM & CHEESE SW	1 EACH	1	240	25	1090	1.00	1.80	100.0	200	2.4	*N/A*	12.0	32.0	7.0	2.50	*N/A*
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	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*
Wrap Chicken Club	5 oz	1	330	57	805	5.00	1.97	165.0	625	4.5	*0	28.5	36.99	8.49	2.49	*0.00
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pico De Gallo USDA recipe	.25 cup	1	43	0	289	0.93	0.32	47.5	220	4.28	*4	0.68	8.93	0.44	0.22	*0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
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*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	1	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 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			4361	480	11492	48.87	28.77	3962.7	16029	152.78	*123	267.27	489.60	153.70	53.83	*0.01
% of Calories											*11.3%	24.5%	44.9%	31.7%	11.1%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/25/2020</b>																
Central Senior High	Total	1060														
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*
TOASTED CHEESE SANDWICH	SERVINGS	1	264	30	1012	4.00	0.00	401.0	1622	0.01	*4	18.03	25.03	12.24	7.05	*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
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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*
TOMATO SOUP-CAMBELLS	SERVING	1	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
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
CORN: canned, yellow	1/2 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Cake Mix, Yellow	54 g	1	230	5	370	1.00	1.08	20.0	120	0.0	24	3.0	41.0	6.0	3.00	0.00
CHOCOLATE CREAM FROSTING	1 TBSP	1	75	2	18	0.66	0.25	4.4	28	0.01	13	0.4	14.38	2.25	1.03	*0.04
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Specialty Items	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*
Wrap- Turkey club	1 each	400	470	91	3858	4.36	1.66	498.5	1617	3.53	*0	39.61	37.28	19.15	7.60	*0.00
Chicken Tenders	4 oz	50	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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, 1% White	8 oz	300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			437	52	1813	4.92	2.19	427.5	1382	14.42	*27	26.46	56.13	13.07	5.02	*0.00
% of Calories											*24.5%	24.2%	51.4%	26.9%	10.4%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

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Generated on: 1/31/2020 9:59:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/26/2020</b>																
Central Senior High	Total	1000														
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*
Orange Chicken	4 oz	1	326	75	617	2.79	0.33	167.4	140	0.0	10	16.74	28.94	15.81	2.79	0.00
Whole Wheat Hamburger Bun W Cheese, American slices	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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 Papa John's WG Cheese 15	1/8 of 14 inch	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fried Rice 18-19	.5 cup	1	130	0	72	2.08	0.64	1.9	425	2.0	*2	4.22	26.37	0.92	0.00	0.00
Lettuce Sautuee	1 cup	1	22	0	138	0.47	0.31	13.0	2666	3.31	0	0.49	4.44	0.05	0.01	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	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
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	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*
Panini Chicken Pepper	8.75 oz	1	353	34	759	5.03	2.19	265.7	4483	30.33	*5	11.57	32.62	19.06	7.15	*0.00
Panini Turkey Bacon Dijon	9.75 oz	1	467	83	1760	2.99	*0.89	*50.7	*195	*4.56	*2	30.68	31.58	25.49	9.69	*0.00
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
Weighted Daily Average % of Calories			5	1	12	0.06	*0.04	*3.6	*16	*0.14	*0	0.26	0.59	0.20	0.08	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.3%	19.7%	45.8%	35.5%	13.6%	*0.0%

\*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**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 02/27/2020</b>																
Central Senior High	Total	1060														
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	200	377	37	828	1.00	3.85	75.9	152	0.0	*0	21.59	52.0	9.62	3.89	0.00
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
Bread Whole Grain Hoagie Roll	3.30 oz	1	210	0	410	6.00	2.70	60.0	0	0.0	4	9.0	43.0	3.0	1.00	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 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
SALAD PLATTER-4	1 EACH	10	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	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	10	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*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Sweet Potato Puffs/Gems	2.52 oz	350	90	0	148	1.00	0.00	0.0	3350	4.2	*N/A*	1.0	16.0	2.5	0.50	0.00
CORN: canned, yellow	1/2 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
FRENCH FRIES: oven heat	3 OZ	150	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Baked Cheetos Crunchy	1 oz	30	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	10	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
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	200	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	100	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	800	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
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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Specialty Items	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*
Wrap Chicken BBQ	4 oz	30	354	35	1124	2.50	3.49	205.0	614	0.47	6	16.57	50.4	8.62	1.67	0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	1	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	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
Weighted Daily Average			344	26	502	3.90	2.41	305.3	1712	19.32	*23	15.81	53.59	8.19	3.09	*0.00
% of Calories											*26.9%	18.4%	62.4%	21.4%	8.1%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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**Parkway School District**

**Feb 1, 2020 thru Feb 28, 2020**

Base Menu Spreadsheet

Central Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/28/2020																
Central Senior High	Total	1000														
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*
Burrito, Southwest Bean & Chee	172 grams	1	300	15	470	9.00	3.60	150.0	1000	18.0	2	16.0	41.0	9.0	3.00	0.00
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
Parkway Burger	3.5 oz	1	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
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
HAM SANDWICH	1 EACH	1	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	1	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 Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
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*
MEXICALI CORN	1/2 CUP	1	103	0	273	2.82	0.50	8.3	324	12.87	*6	3.0	18.65	3.36	0.68	*0.00
SPANISH RICE W/ SALSA	1/2 CUP	1	124	0	189	3.85	1.41	54.0	1349	16.19	*3	2.73	25.38	0.87	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Cheetos Crunchy	1 oz	1	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	1	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	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*
Wrap Tuna	5 oz	1	293	55	532	4.75	2.50	63.8	296	1.32	*2	24.08	27.79	10.23	1.95	*0.00
Wrap Turkey and Spinach	1 each	1	416	75	1124	5.71	3.02	337.7	2044	9.92	*6	30.24	33.77	19.94	5.80	*0.00
Chicken Buffalo with Mac & Che	7 oz	1	398	89	923	2.76	0.92	364.9	549	0.0	3	22.56	28.53	21.86	7.76	0.33
Sauce Buffalo	2 oz	1	81	24	1225	0.00	0.16	6.9	1107	21.73	*0	0.1	0.01	9.2	5.83	*0.37
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	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Choc Skim PFD	8 oz	1	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	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 Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			*5	*1	*11	*0.07	*0.04	*4.2	*15	*0.19	*0	*0.29	*0.57	*0.18	*0.07	*0.00
% of Calories											*10.1%	*23.3%	*46.4%	*32.9%	*12.3%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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# Parkway School District

Feb 1, 2020 thru Feb 28, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			*935	*105	*2264	*11.15	*6.30	*780.9	*2726	*28.45	*32 *30.8%	*55.29 *23.7%	*108.43 *46.4%	*32.81 *31.6%	*11.19 *10.8%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	935		750 - 850	110%	Missing		85	Correction Required - Calories too High
Cholesterol (mg)	105				Missing			
Sodium 1 (mg)	2264		1420		Missing		844	Correction Required - Sodium too High
Sodium 2 (mg)	2264		1080		Missing		1184	Correction Required - Sodium too High
Fiber (g)	11.15		4.50	248%	Missing			
Iron (mg)	6.30		4.00	158%	Missing			
Calcium (mg)	780.9		30.00	2603%	Missing			
Vitamin A (IU)	2726		600	454%	Missing			
Sugars (g)	32	13.70%			Missing			
Vitamin C (mg)	28.45		30.00	95%	Missing	1.55		Correction Required - Vitamin C is Low
Protein (g)	55.29	23.66%	20.00	276%	Missing			
Carbohydrate (g)	108.43	46.41%	440.00		Missing			
Total Fat (g)	32.81	31.60%	<=30.00%		Missing			Correction Required - Total Fat too High
Saturated Fat (g)	11.19	10.77%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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