

Parkway School District

Jun 1, 2021 thru Jun 4, 2021

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Tue - 06/01/2021																
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	1	451	113	1435	4.13	*1.68	*67.0	*30	*0.46	4	33.04	29.43	25.58	10.92	0.00
Parkway Burger	4.2 oz	220	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	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	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	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
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Chicken Caesar Salad	SALAD	1	179	14	300	2.66	1.17	82.4	2541	54.45	*2	7.85	27.46	4.8	1.07	*0.01
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
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
Carrots canned honey glazed	1/2 cup	1	117	0	871	6.18	0.01	125.2	24892	0.02	13	0.0	26.13	0.0	0.00	0.00
Fries KK seasoned	4 oz	1	172	0	274	1.89	0.68	0.0	0	4.54	0	1.89	28.77	5.67	0.00	0.00
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
SALAD DRESSING, Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
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

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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 - 06/01/2021																
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			505	*40	1051	*3.65	*2.56	*253.3	*1129	*6.38	*23 *18.0%	23.63 18.7%	61.99 49.1%	18.02 32.1%	3.82 6.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Wed - 06/02/2021																
Central Senior High NO LUNCH	Total SERVING	1														
		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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Thu - 06/03/2021																
Central Senior High NO LUNCH	Total SERVING	1														
		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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 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 - 06/04/2021																
Central Senior High NO SCHOOL TODAY	Total SERVING	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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Weighted Average			505	*40	1051	*3.65	*2.56	*253.3	*1129	*6.38	*23 *40.4%	23.63 18.7%	61.99 49.1%	18.02 32.1%	3.82 6.8%	*0.00 *0.0%
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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	505		750 - 850	67%		245		Correction Required - Calories are Low									
Cholesterol (mg)	40				Missing												
Sodium 1 (mg)	1051		1420														
Sodium 2 (mg)	1051		1080														
Fiber (g)	3.65		4.50	81%	Missing	0.85		Correction Required - Fiber is Low									
Iron (mg)	2.56		4.00	64%	Missing	1.44		Correction Required - Iron is Low									
Calcium (mg)	253.3		30.00	844%	Missing												
Vitamin A (IU)	1129		600	188%	Missing												
Sugars (g)	23	17.97%			Missing												
Vitamin C (mg)	6.38		30.00	21%	Missing	23.62		Correction Required - Vitamin C is Low									
Protein (g)	23.63	18.71%	20.00	118%													
Carbohydrate (g)	61.99	49.07%	440.00														
Total Fat (g)	18.02	32.10%	<=30.00%					Correction Required - Total Fat too High									
Saturated Fat (g)	3.82	6.80%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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