

# Parkway School District

Nov 2, 2020 thru Nov 30, 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 - 11/10/2020                |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 Taquitos                | 2 each       | 220       | 243         | 54          | 71        | 5.20      | 2.44      | 53.0       | 32         | 1.0        | 0          | 10.0      | 33.0     | 7.8       | 2.10      | 0.00                    |
| sour cream                      | 1 each       | 1         | 15          | 0           | 35        | 0.00      | 0.00      | 60.0       | 200        | 0.0        | 2          | 1.0       | 3.0      | 0.0       | 0.00      | 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                    |
| 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                    |
| SALAD PLATTER-2                 | 1 EACH       | 10        | 196         | 28          | 968       | 3.77      | 2.39      | 294.9      | 1373       | 6.92       | *5         | 18.65     | 11.7     | 8.44      | 3.72      | *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*                   |
| Chile Carrots                   | 4 oz.        | 1         | 86          | 0           | 688       | 4.71      | 0.12      | 95.1       | 18718      | 0.01       | *9         | 0.05      | 18.94    | 0.05      | 0.01      | *0.00                   |
| Beans Black taco                | 1/2 cup      | 1         | 118         | 0           | 156       | 8.71      | 2.95      | 43.9       | 50         | 0.0        | 0          | 7.6       | 21.73    | 0.02      | 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                    |
| SALAD,TOSSED: no dressing       | 1 CUP        | 1         | 28          | 0           | 27        | 2.14      | 0.55      | 28.5       | 3250       | 16.6       | 4          | 1.33      | 6.24     | 0.24      | 0.04      | 0.00                    |
| SALAD DRESSING,Assorted         | 1 oz         | 1         | 102         | 5           | 708       | 0.33      | 0.18      | 17.5       | 21         | 0.02       | *3         | 0.42      | 5.72     | 9.0       | 1.49      | *0.00                   |
| 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                    |
| 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          |              |           | 440         | 42          | 911       | 4.57      | 2.06      | 245.9      | 1013       | 12.79      | *30        | 20.71     | 62.48    | 12.73     | 2.93      | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |            |            |            | *26.9%     | 18.8%     | 56.8%    | 26.0%     | 6.0%      | *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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 - 11/11/2020               |                |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7      | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 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*                   |
| 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                    |
| 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                    |
| SALAD, TOSSED: no dressing     | 1 CUP          | 1         | 28          | 0           | 27        | 2.14      | 0.55      | 28.5       | 3250       | 16.6       | 4          | 1.33      | 6.24     | 0.24      | 0.04      | 0.00                    |
| SALAD DRESSING, Assorted       | 1 oz           | 1         | 102         | 5           | 708       | 0.33      | 0.18      | 17.5       | 21         | 0.02       | *3         | 0.42      | 5.72     | 9.0       | 1.49      | *0.00                   |
| 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                    |
| 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                    |
| 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*                   |
| Chick dill sandwich            | 1 each         | 1         | 375         | 69          | 735       | 4.18      | 1.80      | 350.0      | 3000       | 0.0        | 6          | 28.0      | 44.43    | 10.5      | 1.61      | 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                   |

\*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

Nov 2, 2020 thru Nov 30, 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|--------------|---------------|---------------|---------------|---------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 5           | 1           | 11        | 0.05      | 0.03      | 3.9       | 19         | 0.13       | *0<br>*13.9% | 0.25<br>20.0% | 0.59<br>47.9% | 0.18<br>33.6% | 0.07<br>12.0% | *0.00<br>*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 - 11/12/2020            |           |      |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                             | Total     | 1000 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Central Senior High         | 1         |      |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| 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* |
| Philly cheese steak         | 5 oz      | 1    | 457   | 69    | 553   | 66.34 | 4.29  | 208.2 | 196   | 7.33  | *0    | 26.34 | 29.17 | 26.66 | 10.30 | 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    | 218   | 42    | 1262  | 4.00  | 0.30  | 109.7 | 278   | 0.0   | 7     | 14.97 | 24.37 | 8.17  | 3.87  | 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         |      | *N/A* | *N/A* | *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         |      | *N/A* | *N/A* | *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 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  |
| 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  |
| 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         |      | *N/A* | *N/A* | *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 |
| MACARONI AND CHEESE (NEW)   | 2/3 CUP   | 1    | 188   | 11    | 422   | 1.06  | 1.01  | 191.0 | 306   | 0.14  | *4    | 11.26 | 22.49 | 5.48  | 2.42  | *0.06 |
| 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  |
| 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  |

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

Nov 2, 2020 thru Nov 30, 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 |              |           | 5           | 0           | 9         | 0.12      | 0.03      | 3.9        | 15         | 0.16       | *0<br>*10.8% | 0.28<br>24.0% | 0.55<br>47.0% | 0.16<br>31.0% | 0.06<br>11.4% | *0.00<br>*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

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 - 11/13/2020                |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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*                   |
| Quesadilla Max Queso Cheese     | 114 g each   | 1         | 270         | 10          | 560       | 3.00      | 0.00      | 0.0        | 0          | 0.0        | 2          | 13.0      | 31.0     | 10.0      | 2.50      | 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                    |
| Chicken Caesar Salad Box        | 20 oz box    | 1         | 825         | 91          | 1703      | 5.32      | 1.07      | 242.7      | 4310       | 6.91       | *16        | *27.83    | 55.21    | 54.62     | 9.35      | *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                    |
| 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                   |
| 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                   |
| 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                    |
| 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                    |
| 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                   |
| 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                    |
| HAM SANDWICH                    | 1 EACH       | 1         | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7      | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 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                    |
| 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                    |
| 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*                   |
| 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                    |
| sour cream                      | 1 each       | 1         | 15          | 0           | 35        | 0.00      | 0.00      | 60.0       | 200        | 0.0        | 2          | 1.0       | 3.0      | 0.0       | 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 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                    |
| 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*                   |
| 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                    |
| 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                    |
| 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                    |

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 |              |           | 9           | *1          | 17        | *0.10     | *0.04     | *4.5       | *33        | *0.43      | *0         | *0.39     | 0.95     | 0.38      | 0.12      | *0.00                   |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      | 4.50      | 4.00      | 30.00      | 600        | 30.00      | *12.0%     | *18.1%    | 44.1%    | 39.4%     | 12.4%     | *0.1%                   |

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Parkway School District

Nov 2, 2020 thru Nov 30, 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/17/2020                     |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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*                   |
| Turkey and Cheese on Pretzel B       | 4.5          | 220       | 377         | 37          | 828       | 1.00      | 3.85      | 75.9      | 152        | 0.0        | *0         | 21.59     | 52.0     | 9.62      | 3.89      | 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        | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7     | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 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                    |
| CHICKEN FILLET,FRZ,BRD,BO NELES      | 3 oz         | 1         | 150         | 26          | 652       | 1.50      | 0.00      | 0.0       | 0          | 0.0        | 0          | 12.74     | 10.5     | 6.0       | 1.12      | 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                    |
| Chicken Caesar Salad Box             | 20 oz box    | 1         | 825         | 91          | 1703      | 5.32      | 1.07      | 242.7     | 4310       | 6.91       | *16        | *27.83    | 55.21    | 54.62     | 9.35      | *0.00                   |
| 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                   |
| 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                    |
| 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                    |
| 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                   |
| Pork BBQ Salad Box                   | Box          | 10        | 624         | 96          | 1168      | 6.28      | 1.97      | 369.3     | *5480      | *65.88     | *10        | 23.26     | 52.8     | 36.38     | 11.92     | *0.09                   |
| 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 with Cheese-P               | 4 oz         | 1         | 73          | 4           | 158       | 3.48      | 0.77      | 116.6     | 1262       | 45.64      | *2         | 6.27      | 8.82     | 2.25      | 1.03      | *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                    |
| 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 WING DRUMETTES               | 3 oz         | 350       | 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                    |
| 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                    |
| Weighted Daily Average % of Calories |              |           | 410         | *41         | 692       | *4.04     | *2.56     | *231.2    | *1023      | *15.85     | *32        | *19.81    | 60.07    | 11.31     | 4.08      | *0.00                   |
|                                      |              |           |             |             |           |           |           |           |            |            | *31.1%     | *19.3%    | 58.7%    | 24.8%     | 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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| Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|

*\*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

Nov 2, 2020 thru Nov 30, 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 - 11/18/2020            |                |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 | 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                    |
| 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         | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7     | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 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                    |
| Chicken Caesar Salad Box    | 20 oz box      | 1         | 825         | 91          | 1703      | 5.32      | 1.07      | 242.7     | 4310       | 6.91       | *16        | *27.83    | 55.21    | 54.62     | 9.35      | *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                    |
| 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                    |
| 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                   |
| 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                   |
| 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                   |
| 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                    |
| 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 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                    |
| 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                    |
| 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*                   |
| 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                    |
| 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    | 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®                      |                |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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           | 1         | 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                    |

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

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 |              |           | 9           | *1          | 18        | *0.10     | *0.04     | *4.6       | *36        | *0.43      | *0         | *0.40     | 0.97     | 0.40      | 0.12      | *0.00                   |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      | 4.50      | 4.00      | 30.00      | 600        | 30.00      | *11.6%     | *17.9%    | 43.7%    | 39.9%     | 12.3%     | *0.1%                   |

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 - 11/19/2020            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Central Senior High         | Total        | 1060      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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*                   |
| Beef, Country Fried         | 2.9 oz       | 200       | 260         | 30          | 240       | 2.00      | 1.80      | 40.0      | 0          | 0.0        | 1          | 11.0      | 15.0     | 18.0      | 5.00      | 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                    |
| 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                    |
| Chicken Caesar Salad Box    | 20 oz box    | 1         | 825         | 91          | 1703      | 5.32      | 1.07      | 242.7     | 4310       | 6.91       | *16        | *27.83    | 55.21    | 54.62     | 9.35      | *0.00                   |
| 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                   |
| 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                    |
| 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                   |
| 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                    |
| 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                    |
| Salsa Mild                  | 2 oz         | 1         | 20          | 0           | 137       | 1.95      | 0.70      | 39.1      | 978        | 11.73      | 2          | 0.0       | 3.91     | 0.0       | 0.00      | 0.00                    |
| Sides                       | 1            |           | *N/A*       | *N/A*       | *N/A*     | *N/A*     | *N/A*     | *N/A*     | *N/A*      | *N/A*      | *N/A*      | *N/A*     | *N/A*    | *N/A*     | *N/A*     | *N/A*                   |
| Green Beans, Canned         | 4 oz         | 1         | 14          | 0           | 169       | 1.28      | 0.00      | 18.0      | 236        | 2.9        | 0          | 0.81      | 3.0      | 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         | 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 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                    |
| 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 Wing Ding Goldkist  | 3.75 oz      | 50        | 208         | 42          | 546       | 2.00      | 1.80      | 20.0      | 150        | 0.0        | *N/A*      | 19.0      | 15.0     | 8.0       | 1.00      | 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                    |
| Weighted Daily Average      |              |           | 322         | *24         | 404       | *3.77     | *1.90     | *218.7    | *930       | *16.02     | *31        | *13.81    | 48.95    | 9.12      | 3.17      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            |            | *38.1%     | *17.1%    | 60.8%    | 25.5%     | 8.8%      | *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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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| Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|

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# Parkway School District

Nov 2, 2020 thru Nov 30, 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 - 11/20/2020               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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*                   |
| TURKEY BREAST,BAKED with SKIN  | 2 oz         | 1         | 107         | 42          | 36        | 0.00      | 0.79      | 11.9       | 0          | 0.0        | *N/A*      | 16.27     | 0.0      | 4.2       | 1.19      | *N/A*                   |
| 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                    |
| Chicken Caesar Salad Box       | 20 oz box    | 1         | 825         | 91          | 1703      | 5.32      | 1.07      | 242.7      | 4310       | 6.91       | *16        | *27.83    | 55.21    | 54.62     | 9.35      | *0.00                   |
| 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                   |
| 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                   |
| 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                    |
| 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                   |
| HAM SANDWICH                   | 1 EACH       | 1         | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7      | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 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                    |
| 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                    |
| 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*                   |
| Green Beans, Canned            | 4 oz         | 1         | 14          | 0           | 169       | 1.28      | 0.00      | 18.0       | 236        | 2.9        | 0          | 0.81      | 3.0      | 0.0       | 0.00      | 0.00                    |
| Potatoes, Instant Mashed       | 22 g         | 1         | 90          | 0           | 370       | 8.00      | 0.00      | 0.0        | 0          | 2.4        | 0          | 2.0       | 16.0     | 1.5       | 0.00      | 0.00                    |
| GRAVY,CHICKEN:SCRATCH          | 2 TBSP       | 1         | 70          | 28          | 4104      | 0.08      | 0.12      | 1.3        | 69         | 0.02       | 5          | 5.13      | 6.64     | 1.46      | 0.91      | *0.06                   |
| Roll, New                      | 1 oz         | 1         | 83          | 0           | 125       | 0.62      | 0.74      | 10.9       | 11         | 2.41       | *0         | 2.14      | 12.6     | 2.52      | 0.41      | 0.00                    |
| 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                    |
| Pie, Classic pumpkin, thaw & s | 2 oz         | 1         | 141         | 20          | 177       | 0.91      | 0.65      | 36.3       | 1588       | 0.0        | *N/A*      | 2.27      | 21.32    | 5.44      | 1.36      | *N/A*                   |
| WHIPPED TOPPING                | 1 TBSP       | 1         | 9           | 0           | 18        | 0.00      | 0.00      | 14.1       | 0          | 0.06       | *2         | 0.4       | 1.93     | 0.01      | 0.01      | *0.00                   |
| 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 Chicken Honey Mustard     | 2 oz         | 1         | 198         | 1           | 1044      | 6.17      | 2.62      | 120.4      | 1798       | 14.17      | *2         | 7.65      | 41.79    | 1.32      | 0.05      | *0.00                   |
| Chicken patty SW (745) 18-19   | sandwich     | 1         | 370         | 45          | 590       | 6.00      | *1.44     | *40.0      | *0         | *0.0       | 4          | 24.0      | 38.0     | 11.0      | 1.50      | 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                    |

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**Parkway School District**

**Nov 2, 2020 thru Nov 30, 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 - 11/20/2020                     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 % of Calories |              |           | 9           | *1          | 22        | *0.12     | *0.05     | *4.4       | *36        | *0.42      | *0         | *0.42     | 1.01     | 0.38      | 0.12      | *0.00                   |
|                                      |              |           |             |             |           |           |           |            |            |            | *11.6%     | *18.7%    | 44.7%    | 37.9%     | 11.6%     | *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**

**Nov 2, 2020 thru Nov 30, 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) |
|----------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/23/2020           |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Central Senior High        | Total            | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 SANDWICH               | 1 EACH           | 1         | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7     | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 0.00                    |
| BEEF TACO                  | 2 EACH           | 1         | 286         | 42          | 267       | 2.69      | 2.26      | 108.3     | 506        | 4.26       | *2         | 16.75     | 19.86    | 15.41     | 5.77      | *0.54                   |
| 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                    |
| 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                    |
| 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*                   |
| 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                    |
| 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                    |
| SALAD,TOSSED: no dressing  | 1 CUP            | 1         | 28          | 0           | 27        | 2.14      | 0.55      | 28.5      | 3250       | 16.6       | 4          | 1.33      | 6.24     | 0.24      | 0.04      | 0.00                    |
| SALAD DRESSING,Assorted    | 1 oz             | 1         | 102         | 5           | 708       | 0.33      | 0.18      | 17.5      | 21         | 0.02       | *3         | 0.42      | 5.72     | 9.0       | 1.49      | *0.00                   |
| 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                    |
| 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     |                  |           | 4615        | 526         | 12092     | 55.03     | 29.18     | 4008.9    | 17225      | 158.71     | *135       | 282.27    | 494.31   | 175.31    | 60.68     | *0.55                   |
| % of Calories              |                  |           |             |             |           |           |           |           |            |            | *11.7%     | 24.5%     | 42.8%    | 34.2%     | 11.8%     | *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

Nov 2, 2020 thru Nov 30, 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) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/24/2020                |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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*                   |
| 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        | 218         | 42          | 1262      | 4.00      | 0.30      | 109.7     | 278        | 0.0        | 7          | 14.97     | 24.37    | 8.17      | 3.87      | 0.00                    |
| SALAD PLATTER-2                 | 1 EACH       | 10        | 196         | 28          | 968       | 3.77      | 2.39      | 294.9     | 1373       | 6.92       | *5         | 18.65     | 11.7     | 8.44      | 3.72      | *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*                   |
| 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                    |
| SALAD,TOSSED: no dressing       | 1 CUP        | 1         | 28          | 0           | 27        | 2.14      | 0.55      | 28.5      | 3250       | 16.6       | 4          | 1.33      | 6.24     | 0.24      | 0.04      | 0.00                    |
| SALAD DRESSING,Assorted         | 1 oz         | 1         | 102         | 5           | 708       | 0.33      | 0.18      | 17.5      | 21         | 0.02       | *3         | 0.42      | 5.72     | 9.0       | 1.49      | *0.00                   |
| 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          |              |           | 483         | 42          | 870       | 17.25     | 2.44      | 256.8     | 986        | 14.30      | *30        | 23.07     | 62.11    | 16.69     | 4.45      | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            |            | *24.5%     | 19.1%     | 51.4%    | 31.1%     | 8.3%      | *0.0%                   |
| Nutrient Guideline              |              |           | 750-850     |             | 1420      | 4.50      | 4.00      | 30.00     | 600        | 30.00      |            | 20.00     | 440.00   | <=30.0    | <10.00    |                         |

|                     |         |      |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
|---------------------|---------|------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Wed - 11/25/2020    |         |      |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
| 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

Nov 2, 2020 thru Nov 30, 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) | 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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    |                         |

| Thu - 11/26/2020                     |               |      |         |   |      |      |      |       |     |       |   |       |        |        |        |      |
|--------------------------------------|---------------|------|---------|---|------|------|------|-------|-----|-------|---|-------|--------|--------|--------|------|
| Central Senior High HOLIDAY          | 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 | 0.00  | 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 |      |

| Fri - 11/27/2020                     |               |      |         |   |      |      |      |       |     |       |   |       |        |        |        |      |
|--------------------------------------|---------------|------|---------|---|------|------|------|-------|-----|-------|---|-------|--------|--------|--------|------|
| 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 | 0.00  | 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 |      |

|                  |  |  |     |     |      |       |       |        |       |        |        |        |       |       |       |       |
|------------------|--|--|-----|-----|------|-------|-------|--------|-------|--------|--------|--------|-------|-------|-------|-------|
| Weighted Average |  |  | 631 | *68 | 1505 | *8.52 | *3.83 | *498.3 | *2131 | *21.92 | *26    | *36.14 | 73.20 | 22.67 | 7.58  | *0.06 |
|                  |  |  |     |     |      |       |       |        |       |        | *36.8% | *22.9% | 46.4% | 32.4% | 10.8% | *0.1% |

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# Parkway School District

Nov 2, 2020 thru Nov 30, 2020

## Base Menu Spreadsheet

Central Senior High

### Portion Values - Detailed

| 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 <sup>1</sup> (g) | Error Messages (if any)                  |
|----------------------------|----------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|--|
| Calories                   | 631      |              | 750 - 850 |             | 84%         |           |           | 119       |            |            |            |            |           |          |           |           |                         | Correction Required - Calories are Low   |
| Cholesterol (mg)           | 68       |              |           |             |             | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Sodium 1 (mg)              | 1505     |              | 1420      |             |             |           |           |           | 85         |            |            |            |           |          |           |           |                         | Correction Required - Sodium too High    |
| Sodium 2 (mg)              | 1505     |              | 1080      |             |             |           |           |           | 425        |            |            |            |           |          |           |           |                         | Correction Required - Sodium too High    |
| Fiber (g)                  | 8.52     |              | 4.50      |             | 189%        | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Iron (mg)                  | 3.83     |              | 4.00      |             | 96%         | Missing   | 0.17      |           |            |            |            |            |           |          |           |           |                         | Correction Required - Iron is Low        |
| Calcium (mg)               | 498.3    |              | 30.00     |             | 1661%       | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Vitamin A (IU)             | 2131     |              | 600       |             | 355%        | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Sugars (g)                 | 26       | 16.36%       |           |             |             | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Vitamin C (mg)             | 21.92    |              | 30.00     |             | 73%         | Missing   | 8.08      |           |            |            |            |            |           |          |           |           |                         | Correction Required - Vitamin C is Low   |
| Protein (g)                | 36.14    | 22.93%       | 20.00     |             | 181%        | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |
| Carbohydrate (g)           | 73.20    | 46.44%       | 440.00    |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |  |
| Total Fat (g)              | 22.67    | 32.35%       | <=30.00%  |             |             |           |           |           |            |            |            |            |           |          |           |           |                         | Correction Required - Total Fat too High |
| Saturated Fat (g)          | 7.58     | 10.82%       | <10.00%   |             |             |           |           |           |            |            |            |            |           |          |           |           |                         | Correction Required - Sat. Fat too High  |
| Trans Fat <sup>1</sup> (g) | 0.06     | 0.08%        |           |             |             | Missing   |           |           |            |            |            |            |           |          |           |           |                         |  |

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