

Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge High

Portion Values - Detailed

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Generated on: 4/30/2021 4:25:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/03/2021																
Fern Ridge High	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge High

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/04/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Wed - 05/05/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG	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 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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	6.00	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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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Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.11	*0.05	*4.2	*71	*0.41	*0	*0.32	0.94	0.31	0.09	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*10.9%	*16.7%	49.1%	36.9%	10.3%	*0.0%

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Fern Ridge 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 ¹ (g)
Thu - 05/06/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Fri - 05/07/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
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 Pep WG	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 Pizza CheeseWG	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 Veggie WG	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*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge High

Portion Values - Detailed

Page 8

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.12	*0.05	*4.0	*68	*0.40	*0	*0.33	0.93	0.31	0.08	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.0%	*17.2%	49.2%	36.6%	10.0%	*0.0%

Mon - 05/10/2021																
	Total SERVING															
Fern Ridge High NO SCHOOL TODAY	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Tue - 05/11/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Wed - 05/12/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG	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 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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	6.00	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.11	*0.05	*4.2	*71	*0.41	*0	*0.32	0.94	0.31	0.09	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*10.9%	*16.7%	49.1%	36.9%	10.3%	*0.0%

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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Thu - 05/13/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Fri - 05/14/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
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 Pep WG	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 Pizza CheeseWG	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 Veggie WG	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*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.12	*0.05	*4.0	*68	*0.40	*0	*0.33	0.93	0.31	0.08	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.0%	*17.2%	49.2%	36.6%	10.0%	*0.0%

Mon - 05/17/2021																
	Total SERVING															
Fern Ridge High NO SCHOOL TODAY	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Tue - 05/18/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Wed - 05/19/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG	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 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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	6.00	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.11	*0.05	*4.2	*71	*0.41	*0	*0.32	0.94	0.31	0.09	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*10.9%	*16.7%	49.1%	36.9%	10.3%	*0.0%

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge High

Portion Values - Detailed

Page 20

Generated on: 4/30/2021 4:25:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/20/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Fri - 05/21/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
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 Pep WG	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 Pizza CheeseWG	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 Veggie WG	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*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.12	*0.05	*4.0	*68	*0.40	*0	*0.33	0.93	0.31	0.08	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.0%	*17.2%	49.2%	36.6%	10.0%	*0.0%

Mon - 05/24/2021																
	Total SERVING															
Fern Ridge High NO SCHOOL TODAY	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Tue - 05/25/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*12.4%	*15.6%	50.1%	37.3%	9.7%	*0.0%

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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* - denotes combined nutrient totals with either missing or incomplete nutrient data
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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Wed - 05/26/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG	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 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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	6.00	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

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

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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.11	*0.05	*4.2	*71	*0.41	*0	*0.32	0.94	0.31	0.09	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*10.9%	*16.7%	49.1%	36.9%	10.3%	*0.0%

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Thu - 05/27/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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
Weighted Daily Average % of Calories			7	1	12	0.11	*0.05	*2.9	*67	*0.40	*0	*0.26	0.85	0.28	0.07	*0.00
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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Fri - 05/28/2021																
Fern Ridge 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*
Parkway Burger	4.2 oz	1	270	34	477	5.00	8.36	292.0	0	0.0	*0	18.0	30.0	10.0	3.20	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Nachos with Cheese Sauce	4 oz	1	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	0.00
Refried Beans-P	130 gram s-1/2 c	1	256	9	333	6.63	1.87	154.1	389	4.41	*0	10.98	21.56	13.74	2.81	*0.00
Chicken Breaded SW 745	1 each	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
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
Ham SW Box SR	1 each	1	695	55	1529	16.37	*6.20	*210.9	*8273	*56.02	*13	31.76	118.76	18.52	8.74	0.00
Turkey SW Box SR	1 each	1	693	61	1724	16.37	6.36	362.7	8577	56.02	*11	34.76	114.66	17.7	8.33	0.00
Roast Beef SW Box SR	1 each	1	657	29	1547	16.37	7.18	386.6	8693	56.05	*18	32.17	120.47	11.63	3.81	*0.08
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 Pep WG	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 Pizza CheeseWG	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 Veggie WG	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*
SPINACH,FRZ,CHOPD OR LEA F,UNPR	4 oz	1	33	0	84	3.29	2.14	146.3	13297	6.24	1	4.12	4.77	0.65	0.05	0.00
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
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
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
KETCHUP: individual	Pkt 6g	1	6	0	54	0.02	0.02	0.9	32	0.25	1	0.06	1.64	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	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

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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

Fern Ridge 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 ¹ (g)
Weighted Daily Average % of Calories			8	1	14	0.12	*0.05	*4.0	*68	*0.40	*0	*0.33	0.93	0.31	0.08	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*11.0%	*17.2%	49.2%	36.6%	10.0%	*0.0%

Mon - 05/31/2021																
	Total SERVING															
Fern Ridge High NO SCHOOL TODAY	1															
Weighted Daily Average % of Calories	1		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.0	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			7	1	13	0.11	*0.05	*3.5	*68	*0.40	*0	*0.29	0.89	0.30	0.08	*0.00
											*26.3%	*16.3%	49.6%	37.0%	9.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	7		750 - 850	1%		743		Correction Required - Calories are Low
Cholesterol (mg)	1							
Sodium 1 (mg)	13		1420					
Sodium 2 (mg)	13		1080					
Fiber (g)	0.11		4.50	2%		4.39		Correction Required - Fiber is Low
Iron (mg)	0.05		4.00	1%	Missing	3.95		Correction Required - Iron is Low
Calcium (mg)	3.5		30.00	12%	Missing	26.48		Correction Required - Calcium is Low
Vitamin A (IU)	68		600	11%	Missing	532		Correction Required - Vitamin A is Low
Sugars (g)	0	11.67%			Missing			
Vitamin C (mg)	0.40		30.00	1%	Missing	29.60		Correction Required - Vitamin C is Low
Protein (g)	0.29	16.32%	20.00	1%	Missing	19.71		Correction Required - Protein is Low
Carbohydrate (g)	0.89	49.60%	440.00					
Total Fat (g)	0.30	37.00%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	0.08	9.93%	<10.00%					
Trans Fat ¹ (g)	0.00	0.02%			Missing			

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