

Parkway School District

Nov 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

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Generated on: 11/13/2020 9:47:19 AM

Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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*

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/13/2020																
North Senior High	Total	1														
Lunch	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
French Toast Bulk	4 ea	1	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
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
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
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
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
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
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
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
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	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
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
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*
PORK SAUSAGE PATTY	2 EACH	1	152	32	241	1.27	0.00	1608.7	0	0.0	0	3.8	0.0	13.93	4.43	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
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	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	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

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 * - 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)
Fri - 11/13/2020																
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			9046	*1152	20987	*97.98	*44.35	*5812.1	*51115	*476.43	*311 *13.7%	*349.74 *15.5%	982.26 43.4%	422.80 42.1%	136.82 13.6%	*0.72 *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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Tue - 11/17/2020																
North Senior High	Total	1														
Lunch	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken and Waffle SW	3.53 oz eac	1	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
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
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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
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
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
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
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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	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	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 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			8000	*1035	16270	*95.47	*36.89	*3733.8	*45425	*434.42	*291	*324.43	906.00	358.71	103.65	*0.72
% of Calories											*14.6%	*16.2%	45.3%	40.4%	11.7%	*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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Wed - 11/18/2020																
North Senior High	Total	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*
Chicken and Waffle SW	3.53 oz eac	1	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
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
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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
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
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
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
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
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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*
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
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
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*
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	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	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		*N/A*	*N/A*	*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			8000	*1035	16270	*95.47	*36.89	*3733.8	*45425	*434.42	*291	*324.43	906.00	358.71	103.65	*0.72
% of Calories											*14.6%	*16.2%	45.3%	40.4%	11.7%	*0.1%
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 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North 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 ¹ (g)
Thu - 11/19/2020																
North Senior High	Total	1														
Lunch	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
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
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
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
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
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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
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
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
Chicken Gravy	1 oz	1	11	3	623	0.00	0.00	0.9	0	0.0	*0	0.37	0.37	0.75	0.00	0.00
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
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
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
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, 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 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

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North 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 ¹ (g)
Weighted Daily Average % of Calories			8402	*1069	18131	*103.53	*40.00	*4167.5	*33380	*403.24	*254 *12.1%	*377.83 *18.0%	917.18 43.7%	370.59 39.7%	112.13 12.0%	*0.72 *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 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North 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 ¹ (g)
Fri - 11/20/2020																
North Senior High	Total	1														
Lunch	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
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
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
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
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
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
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
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
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
Chicken Gravy	1 oz	1	11	3	623	0.00	0.00	0.9	0	0.0	*0	0.37	0.37	0.75	0.00	0.00
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
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
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
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, 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 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

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North 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 ¹ (g)
Weighted Daily Average % of Calories			8402	*1069	18131	*103.53	*40.00	*4167.5	*33380	*403.24	*254 *12.1%	*377.83 *18.0%	917.18 43.7%	370.59 39.7%	112.13 12.0%	*0.72 *0.1%
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																
North Senior High NO SCHOOL TODAY	Total SERVING	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	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Thu - 11/26/2020																
North Senior High HOLIDAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	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																
North Senior High NO SCHOOL TODAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	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			8370	*1072	17958	*99.19	*39.63	*4322.9	*41745	*430.35	*280 *30.1%	*350.85 *16.8%	925.73 44.2%	376.28 40.5%	113.67 12.2%	*0.72 *0.1%
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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

Page 10

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	8370		750 - 850		985%				7520									Correction Required - Calories too High
Cholesterol (mg)	1072					Missing												
Sodium 1 (mg)	17958		1420						16538									Correction Required - Sodium too High
Sodium 2 (mg)	17958		1080						16878									Correction Required - Sodium too High
Fiber (g)	99.19		4.50		2204%	Missing												
Iron (mg)	39.63		4.00		991%	Missing												
Calcium (mg)	4322.9		30.00		14410%	Missing												
Vitamin A (IU)	41745		600		6958%	Missing												
Sugars (g)	280	13.39%				Missing												
Vitamin C (mg)	430.35		30.00		1435%	Missing												
Protein (g)	350.85	16.77%	20.00		1754%	Missing												
Carbohydrate (g)	925.73	44.24%	440.00															
Total Fat (g)	376.28	40.46%	<=30.00%															Correction Required - Total Fat too High
Saturated Fat (g)	113.67	12.22%	<10.00%															Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.72	0.08%				Missing												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.