

Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 1

Generated on: 5/25/2021 9:29:28 AM

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

**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 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 - 05/04/2021																
South 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 strip potato breaded	94 grams	1	210	45	510	1.00	0.72	0.0	0	0.0	*N/A*	12.0	13.0	13.0	3.00	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
Cheese Bites, Mini	112 grams	1	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
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*
BROCCOLI: fresh, boiled	1 CUP	1	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
Seasoning Mix, Ranch Foothill	Serving	1	0	0	80	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CORN: canned, yellow	1/2 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Oriental Sauce	.5 oz	1	21	0	274	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.11	0.0	0.00	0.00
Rice Asian Vegetable	4.5 oz	1	137	0	341	1.00	1.08	30.0	1150	1.2	*N/A*	4.0	28.0	1.0	0.00	0.00
Mandarin oranges	1/2 cup	1	90	0	20	1.00	0.36	20.0	300	21.0	*N/A*	1.0	20.0	0.0	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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*

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)
Tue - 05/04/2021																
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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
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			9459	*1110	20822	*119.58	*46.56	*3889.4	*36720	*539.75	*277	*384.21	1042.0	426.99	117.93	*0.72
% of Calories											*11.7%	*16.2%	44.1%	40.6%	11.2%	*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 - 05/05/2021																
South 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 Bacon Ranch Deluxe SHS	1 Each	1	476	67	1170	4.77	2.71	57.7	4	0.0	5	26.67	42.37	23.46	4.51	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 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	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 Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	1 CUP	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	0.00
Seasoning Mix, Ranch Foothill	Serving	1	0	0	80	0.00	0.00	0.0	0	0.0	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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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*

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Wed - 05/05/2021																
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
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			10354	*1262	22720	*124.97	*55.97	*5859.6	*50787	*435.70	*269	*480.77	1080.8	468.10	141.77	*0.72
% of Calories											*10.4%	*18.6%	41.8%	40.7%	12.3%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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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 - 05/06/2021																
South Senior High	Total	1795														
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*
Grilled Cheese 3 Sour Dough	1 Each	1	372	38	1075	2.00	2.00	291.8	456	0.0	2	15.59	40.0	16.67	7.59	0.00
Parkway Burger	3.5 oz	210	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	15	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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 Mini Fillet	2.2 oz	30	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaii Rolls	28 g	800	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	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*
TOMATO SOUP-CAMBELLS	SERVING	1	135	0	1065	1.50	1.08	0.0	750	9.0	*N/A*	3.0	30.0	0.0	0.00	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
Turkey Club SW	5 oz	1	194	36	767	4.21	0.42	22.4	335	2.2	6	15.53	22.95	6.47	1.61	0.00
Salad Italian	1 cup	1	46	8	154	1.06	0.58	108.8	4246	5.28	1	3.62	1.75	2.4	1.52	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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
FRUIT,FRESH ASSORTED	1 EACH	1500	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	600	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 7

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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																
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
Weighted Daily Average % of Calories			200	*10	201	*3.37	*1.65	*52.2	*234	*13.16	*17	*5.65	36.92	4.42	1.30	*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

South 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 - 05/07/2021																
South 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 NUGGET:LT&DK ME AT,BREA	5 EACH	1	234	38	416	0.94	0.65	8.8	64	42.52	*N/A*	10.72	10.25	16.57	4.00	*N/A*
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
chicken 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Onions, raw	1 each	1	4	0	0	0.15	0.02	2.1	0	0.67	*N/A*	0.1	0.84	0.01	0.00	*N/A*
peppers	1 oz	1	5	0	85	0.00	0.05	1.5	413	9.65	*N/A*	0.0	1.0	0.0	0.00	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Papa John's sausage 8	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	1/8 of 14 in	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	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
Potato, Loaded Mashed	27 grams	1	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.5	1.50	0.00
Gravy Chicken cornstarch	1 oz	1	8	0	21	0.01	0.02	1.8	2	0.03	*0	0.17	1.74	0.09	0.02	*0.00
Sauce Barbeque Red Gold Low So	Serving	1	50	0	95	0.00	0.00	0.0	0	0.0	11	0.0	12.0	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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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*

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/07/2021																
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TOASTED RAVIOLI	5 ea	1	270	25	571	1.96	1.06	29.4	294	1.76	*N/A*	10.61	32.35	11.37	2.45	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% 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			9892	*1222	22000	*122.46	*52.37	*4351.7	*34732	*508.02	*293	*404.02	1063.2	452.86	141.51	*0.72
% of Calories											*11.8%	*16.3%	43.0%	41.2%	12.9%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Mon - 05/10/2021																
South Senior High	Total	1														
NO LUNCH	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	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Tue - 05/11/2021																
South 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
eggs cheesey	3 oz	1	195	365	404	0.02	*1.68	*57.3	*532	*0.0	*1	14.94	1.73	13.61	5.68	*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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
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*
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
Bacon, Lay Flat	16 g	1	75	21	267	0.00	0.00	0.0	0	0.0	0	5.33	0.0	6.4	2.13	0.00
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
Cinnamon and Sugar Mix	1/8 tsp	1	2	0	0	0.09	0.01	1.6	2	0.01	0	0.01	0.43	0.0	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.00	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Tue - 05/11/2021																
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 % of Calories			9377	*1463	19788	*106.72	*43.88	*5193.4	*36268	*413.21	*289 *12.3%	*371.64 *15.9%	988.40 42.2%	443.78 42.6%	123.85 11.9%	*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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Wed - 05/12/2021																
South 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 BBQ Bacon Sandwich	1 Each	1	461	57	911	6.00	*1.75	*48.7	*126	*0.47	8	27.12	48.24	14.74	2.75	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 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
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 Cheese	5.61 oz	1	390	38	850	2.00	0.36	340.0	2800	0.0	*N/A*	18.0	38.0	18.0	8.00	0.00
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 Pizza Pepperoni	5.72 oz	1	410	50	850	2.00	0.36	340.0	2800	0.0	*N/A*	18.0	38.0	21.0	8.80	0.00
Pizza Hut Pizza pork	5.78 opz	1	460	55	850	2.00	0.36	340.0	2800	0.0	*N/A*	20.0	36.0	26.0	9.50	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
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
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*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Sauce Barbeque Red Gold Low So	Serving	1	50	0	95	0.00	0.00	0.0	0	0.0	11	0.0	12.0	0.0	0.00	0.00
Potato Waffle Fries	3 oz	1	120	0	200	2.00	0.72	0.0	0	6.0	*N/A*	2.0	21.0	4.0	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
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*

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/12/2021																
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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	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			11173	*1323	23437	*140.00	*53.93	*5579.6	*42222	*416.30	*283	*502.72	1183.4	498.86	151.45	*0.72
% of Calories											*10.1%	*18.0%	42.4%	40.2%	12.2%	*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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May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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 - 05/13/2021																
South Senior High	Total	1795														
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*
Orange Chicken	4 oz	500	326	75	617	2.79	0.33	167.4	140	0.0	10	16.74	28.94	15.81	2.79	0.00
Rice Veggie Fried	4 oz	1	112	0	65	2.28	0.48	8.0	417	2.0	*2	3.31	22.97	0.71	0.14	0.00
Asian Noodle bowl	5.5 oz	1	258	28	944	4.12	1.04	141.6	2810	15.77	*1	12.91	41.46	5.23	0.41	*0.00
Noodles Lo Mein	4 oz	1	83	0	292	1.00	0.72	10.0	150	1.2	2	3.25	14.0	2.0	0.00	0.00
Beef & Broccoli SHS	Serving	1	51	12	135	0.93	0.48	18.6	310	12.3	*1	4.76	2.54	2.36	1.00	0.00
Rice Brown with soy sauce	1/2 cup	1	104	0	54	1.22	0.46	1.5	0	0.0	*0	2.97	21.21	0.92	0.00	0.00
Parkway Burger	3.5 oz	210	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	15	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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 Mini Fillet	2.2 oz	30	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaiiin Rolls	28 g	800	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Rice, Brown Cooked	1/2 cup serving	1	35	0	3	0.58	0.13	8.3	0	0.0	*0	0.81	7.17	0.28	0.06	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.00	0.00	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
FRUIT,FRESH ASSORTED	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	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

South 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 - 05/13/2021																
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	600	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
Weighted Daily Average % of Calories			291	*31	372	*4.14	*1.74	*98.7	*272	*13.17	*20	*10.30	44.98	8.81	2.08	*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

South 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 - 05/14/2021																
South Senior High	Total	1795														
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*
CRISPITOS,CN,CHILI,FULLY C KD,A	2 Each	1	480	60	680	4.00	2.16	200.0	0	0.0	0	16.0	40.0	28.0	7.00	0.00
Parkway Burger	3.5 oz	210	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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	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 Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TOASTED RAVIOLI	5 ea	1	270	25	571	1.96	1.06	29.4	294	1.76	*N/A*	10.61	32.35	11.37	2.45	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Beans, Refried Commodity	Serving	1	150	0	140	4.00	1.79	20.0	0	2.39	1	6.0	25.0	1.5	0.00	0.00
Rice, Brown Cooked	1/2 cup serving	1	35	0	3	0.58	0.13	8.3	0	0.0	*0	0.81	7.17	0.28	0.06	0.00
Cheese Cheddar Shrd Commodity	1 oz	1	81	20	202	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.09	1.01	6.07	4.05	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/14/2021																
Tortilla Chips Azteca	1 oz (11C hips)	1	132	0	101	2.03	0.36	40.5	0	0.0	0	2.03	20.25	4.56	0.51	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1500	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	600	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
Weighted Daily Average			162	*7	162	*3.33	*1.33	*51.5	*148	*13.18	*15	*4.08	30.09	3.63	0.82	*0.00
% of Calories											*36.4%	*10.1%	74.4%	20.2%	4.6%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Mon - 05/17/2021																
South Senior High	Total	1														
NO LUNCH	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	

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Tue - 05/18/2021																
South 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
BBQ Rib Sandwich	5 oz	1	344	68	671	6.78	4.47	61.7	22	0.15	*N/A*	25.77	27.98	13.8	5.18	*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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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 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
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Sauce Barbeque Red Gold Low So	Serving	1	50	0	95	0.00	0.00	0.0	0	0.0	11	0.0	12.0	0.0	0.00	0.00
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
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
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
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
Tortilla Chips Azteca	1 oz	1	132	0	101	2.03	0.36	40.5	0	0.0	0	2.03	20.25	4.56	0.51	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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*

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 19

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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)
Tue - 05/18/2021																
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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
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
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			10506	*1259	22706	*136.17	*51.96	*3898.1	*42038	*431.11	*283 *10.8%	*439.35 *16.7%	1126.5 42.9%	475.15 40.7%	122.91 10.5%	*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	

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

South 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)
Wed - 05/19/2021																
South 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 Thai Chile	2.50 oz	1	109	54	548	0.00	0.00	0.0	0	0.0	6	10.12	9.18	4.72	1.35	0.00
Rice, Brown Cooked	1/2 cup serving	1	35	0	3	0.58	0.13	8.3	0	0.0	*0	0.81	7.17	0.28	0.06	0.00
Rice Asian Vegetable	4.5 oz	1	137	0	341	1.00	1.08	30.0	1150	1.2	*N/A*	4.0	28.0	1.0	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 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Papa John's sausage 8	1/8 of 14 inch	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese	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 Cheese	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
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*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Spiral Cut Fries	4 oz	1	200	0	320	2.67	0.96	0.0	0	0.0	0	2.67	33.35	6.67	1.33	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
SRIRACHA SAUCE	Serving	1	12	0	61	0.57	0.28	4.3	71	3.12	1	0.28	1.98	0.28	0.17	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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 21

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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)
Wed - 05/19/2021																
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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
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*
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			9913	*1238	22162	*114.55	*55.41	*4669.6	*35627	*425.08	*283	*417.07	1074.3	445.56	139.33	*0.72
% of Calories											*11.4%	*16.8%	43.4%	40.5%	12.6%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 22

Generated on: 5/25/2021 9:29:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/20/2021																
South Senior High	Total	1795														
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*
Spaghetti with Meatsauce-pkwy	2/3 cup	500	214	36	112	2.47	2.28	29.1	871	20.24	*1	11.64	17.57	10.99	3.96	*0.00
BREAD STICKS,PLAIN	1.1	1	128	0	222	0.94	1.33	6.9	0	0.0	0	3.74	21.33	2.96	0.44	*N/A*
Manicotti Twin	5 oz	1	280	45	290	3.00	1.08	350.0	300	0.0	1	20.0	32.0	9.0	5.00	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Parkway Burger	3.5 oz	210	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	15	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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 Mini Fillet	2.2 oz	30	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaiiin Rolls	28 g	800	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	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*
BROCCOLI: fresh, boiled	1 CUP	1	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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
FRUIT,FRESH ASSORTED	1 EACH	1500	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	600	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Thu - 05/20/2021																
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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
Weighted Daily Average % of Calories			259	*20	231	*4.05	*2.29	*60.3	*475	*18.85	*17 *26.8%	*8.88 *13.7%	41.80 64.5%	7.47 25.9%	2.40 8.3%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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 - 05/21/2021																
South Senior High	Total	1795														
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*
Fish Tacos Baja SHS	Serving (2)	1	522	45	593	3.62	2.75	44.8	70	4.28	*3	19.68	51.84	25.54	3.93	0.00
Tomatoes Fresh	4 oz	1	10	0	6	0.40	0.39	6.2	277	12.93	1	0.54	2.27	0.06	0.01	0.00
Onions, raw	1 each	1	4	0	0	0.15	0.02	2.1	0	0.67	*N/A*	0.1	0.84	0.01	0.00	*N/A*
Parkway Burger	3.5 oz	210	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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	1	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Restaurant Pizza	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Hut Pizza CheeseWG	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	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 Cheese	5.61 oz	1	390	38	850	2.00	0.36	340.0	2800	0.0	*N/A*	18.0	38.0	18.0	8.00	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
Pizza Hut Pizza pork	5.78 opz	1	460	55	850	2.00	0.36	340.0	2800	0.0	*N/A*	20.0	36.0	26.0	9.50	0.00
Pizza Hut Pizza Pepperoni	5.72 oz	1	410	50	850	2.00	0.36	340.0	2800	0.0	*N/A*	18.0	38.0	21.0	8.80	0.00
Specialty Items	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TOASTED RAVIOLI	serving of 5 ea	1	270	25	571	1.96	1.06	29.4	294	1.76	*N/A*	10.61	32.35	11.37	2.45	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPANISH RICE W/ SALSA	1/2 CUP	1	124	0	189	3.85	1.41	54.0	1349	16.19	*3	2.73	25.38	0.87	0.00	0.00
Beans Bushes Ranchero	1/2 cup	1	110	0	490	5.00	1.80	40.0	0	0.0	1	6.0	20.0	0.5	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/21/2021																
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
MAYONNAISE:individual PC Dressing, Ranch	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*
Mustard 4/1g	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
Salsa Mild	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Beverages	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	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 Orange	4 oz	600	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Milk, 1% White	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	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
Weighted Daily Average % of Calories			162	*7	162	*3.33	*1.33	*51.4	*151	*13.18	*15	*4.09	30.11	3.64	0.83	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*36.3%	*10.1%	74.4%	20.2%	4.6%	*0.0%

Mon - 05/24/2021																
South Senior High NO LUNCH	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	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Tue - 05/25/2021																
South 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*
Spaghetti with Meatsauce-pkwy	2/3 cup	1	214	36	112	2.47	2.28	29.1	871	20.24	*1	11.64	17.57	10.99	3.96	*0.00
Bread Garlic Knot	2 oz	1	181	0	272	1.13	1.70	11.3	*N/A*	*N/A*	1	4.54	26.08	5.67	1.13	0.00
Manicotti Twin	5 oz	1	280	45	290	3.00	1.08	350.0	300	0.0	1	20.0	32.0	9.0	5.00	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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 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
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Broccoli Bites	146 g	1	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
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
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
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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
FRUIT,FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken 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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Tue - 05/25/2021																
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			9810	*1210	20914	*118.10	*47.63	*4090.8	*34645	*465.15	*276	*416.98	1031.6	451.44	127.82	*0.72
% of Calories											*11.2%	*17.0%	42.1%	41.4%	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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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Wed - 05/26/2021																
South 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 Bacon Ranch SW	6.50 oz	1	451	113	1435	4.13	*1.68	*67.0	*30	*0.46	4	33.04	29.43	25.58	10.92	0.00
Parkway Burger	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 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	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 Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.00	0.00	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
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

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Wed - 05/26/2021																
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			10302	*1309	22862	*121.92	*54.55	*5843.4	*38455	*434.48	*265 *10.3%	*486.72 *18.9%	1062.2 41.2%	469.72 41.0%	148.10 12.9%	*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

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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 - 05/27/2021																
South Senior High	Total	1795														
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	500	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
BBQ Rib Sandwich	5 oz	1	344	68	671	6.78	4.47	61.7	22	0.15	*N/A*	25.77	27.98	13.8	5.18	*0.00
Parkway Burger	3.5 oz	210	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	30	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	10	218	42	1262	4.00	0.30	109.7	278	0.0	7	14.97	24.37	8.17	3.87	0.00
Roast Beef Sandwich	4.5 ounce	15	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	0.00
Chicken patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
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
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
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
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 Mini Fillet	2.2 oz	30	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaii Rolls	28 g	800	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	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 Cuts Roasted	3.0 oz	1	90	0	60	2.00	0.72	40.0	3000	6.0	*N/A*	2.0	20.0	0.0	0.00	0.00
Fries KK seasoned	4 oz	1	172	0	274	1.89	0.68	0.0	0	4.54	0	1.89	28.77	5.67	0.00	0.00
FRENCH FRIES: oven heat	3 OZ	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Bread Garlic Knot	2 oz	1200	181	0	272	1.13	1.70	11.3	*N/A*	*N/A*	1	4.54	26.08	5.67	1.13	0.00
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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
FRUIT,FRESH ASSORTED	1 EACH	1500	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	600	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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)
Thu - 05/27/2021																
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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
Weighted Daily Average % of Calories			393	*21	486	*4.40	*3.19	*101.4	*1681	*13.16	*18	*12.85	61.86	11.32	2.34	*0.00
											*18.6%	*13.1%	62.9%	25.9%	5.3%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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 - 05/28/2021																
South 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 NUGGET:LT&DK ME AT,BREA	5 EACH	1	234	38	416	0.94	0.65	8.8	64	42.52	*N/A*	10.72	10.25	16.57	4.00	*N/A*
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
chicken 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 patty SW (745)	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
Nachos with Cheese Sauce	4 oz	1	210	0	360	2.67	1.44	60.0	0	0.0	0	4.33	22.67	11.0	1.50	0.00
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	2	1.0	3.0	0.0	0.00	0.00
Salsa Mild	2 oz	1	20	0	137	1.95	0.70	39.1	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Onions, raw	1 each	1	4	0	0	0.15	0.02	2.1	0	0.67	*N/A*	0.1	0.84	0.01	0.00	*N/A*
peppers	1 oz	1	5	0	85	0.00	0.05	1.5	413	9.65	*N/A*	0.0	1.0	0.0	0.00	*N/A*
Chicken Caesar Salad Box	20 oz box	1	825	91	1703	5.32	1.07	242.7	4310	6.91	*16	*27.83	55.21	54.62	9.35	*0.00
Garden Salad Box	box	1	861	287	1291	5.40	*2.37	*220.6	*3294	*96.92	*17	28.77	64.07	54.95	16.99	*0.10
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Spinach Salad Box	box	1	421	0	590	6.33	*1.19	*50.0	*2889	*52.17	54	1.1	63.89	19.02	2.85	0.00
Mexican/Taco Salad box	box	1	735	87	1156	12.42	*4.22	*273.0	*4062	*74.65	*4	31.15	84.09	32.63	13.28	0.41
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
Farmer's Market Salad Box	box	1	369	44	1795	4.08	*2.82	*42.7	*2098	*1.04	*24	18.38	56.9	8.73	3.93	0.01
Pork BBQ Salad Box	Box	1	624	96	1168	6.28	1.97	369.3	*5480	*65.88	*10	23.26	52.8	36.38	11.92	*0.09
Restaurant Pizza	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Papa John's sausage 8	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	1/8 of 14 in	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	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
Potato, Loaded Mashed	27 grams	1	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.5	1.50	0.00
Sauce Barbeque Red Gold Low So	Serving	1	50	0	95	0.00	0.00	0.0	0	0.0	11	0.0	12.0	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
ketchup bulk	1 each	1	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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*
Mustard 4/1g	1 each	1	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Parkway School District

May 3, 2021 thru May 31, 2021

Base Menu Spreadsheet

South 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 - 05/28/2021																
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
FRUIT, FRESH ASSORTED	1 EACH	1	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Specialty Items	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TOASTED RAVIOLI	1 serving of	1	270	25	571	1.96	1.06	29.4	294	1.76	*N/A*	10.61	32.35	11.37	2.45	0.00
Marinara Sauce Parkway	5 ea	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Beverages	2 oz	1	*N/A*	*N/A*	*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			9884	*1222	21979	*122.45	*52.35	*4349.9	*34731	*507.99	*293 *11.8%	*403.85 *16.3%	1061.4 43.0%	452.77 41.2%	141.48 12.9%	*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	

Mon - 05/31/2021																
South Senior High HOLIDAY	Total SERVING	1000														
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
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Weighted Average			6384	*795	13813	*78.10	*32.88	*3008.8	*24324	*291.34	*182 *25.7%	*272.07 *17.0%	685.00 42.9%	289.03 40.7%	85.37 12.0%	*0.45 *0.1%
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Parkway School District

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South Senior High

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	6384		750 - 850	751%			5534	Correction Required - Calories too High									
Cholesterol (mg)	795				Missing												
Sodium 1 (mg)	13813		1420				12393	Correction Required - Sodium too High									
Sodium 2 (mg)	13813		1080				12733	Correction Required - Sodium too High									
Fiber (g)	78.10		4.50	1735%	Missing												
Iron (mg)	32.88		4.00	822%	Missing												
Calcium (mg)	3008.8		30.00	10029%	Missing												
Vitamin A (IU)	24324		600	4054%	Missing												
Sugars (g)	182	11.40%			Missing												
Vitamin C (mg)	291.34		30.00	971%	Missing												
Protein (g)	272.07	17.05%	20.00	1360%	Missing												
Carbohydrate (g)	685.00	42.92%	440.00														
Total Fat (g)	289.03	40.75%	<=30.00%					Correction Required - Total Fat too High									
Saturated Fat (g)	85.37	12.04%	<10.00%					Correction Required - Sat. Fat too High									
Trans Fat ¹ (g)	0.45	0.06%			Missing												

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