

Parkway School District

Nov 13, 2020 thru Nov 30, 2020

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 - 11/13/2020																
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
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) 18-19	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
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 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
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
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
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			9191	*1143	18447	*110.01	*45.10	*6433.7	*38697	*411.07	*259	*405.09	968.04	420.02	131.02	*0.72
% of Calories											*11.3%	*17.6%	42.1%	41.1%	12.8%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

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

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

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

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 - 11/17/2020																
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*
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	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	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	1	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) 18-19	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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 Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Broccoli Bites	146 g	1	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
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
Cherry Crisp	3 oz	1	258	0	47	1.78	1.08	31.4	3166	0.0	*6	4.11	52.88	2.63	0.48	*0.00
Nardone Cheese French Bread	158 gram	1	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	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
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Page 3

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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			9513	*1126	18769	*115.22	*48.23	*5023.6	*36320	*427.96	*264 *11.1%	*426.63 *17.9%	1018.4 42.8%	426.20 40.3%	131.92 12.5%	*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	

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Wed - 11/18/2020																
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*
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	158	0	270	2.00	1.08	45.0	0	0.0	0	3.25	17.0	8.25	1.13	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) 18-19	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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 Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
Cherry Crisp	3 oz	1	258	0	47	1.78	1.08	31.4	3166	0.0	*6	4.11	52.88	2.63	0.48	*0.00
Nardone Cheese French Bread	158 gram	1	350	30	450	2.00	1.80	450.0	300	0.0	*N/A*	22.0	29.0	18.0	7.00	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
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	1	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

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)
Weighted Daily Average % of Calories			9578	*1147	18988	*113.24	*46.29	*5297.2	*39290	*439.96	*264 *11.0%	*420.83 *17.6%	1025.8 42.8%	431.40 40.5%	135.31 12.7%	*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

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)
Thu - 11/19/2020																
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*
TURKEY BREAST,BAKED with SKIN	oz	500	54	21	18	0.00	0.40	5.9	0	0.0	*N/A*	8.13	0.0	2.1	0.59	*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
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) 18-19	sandwich	1	370	45	590	6.00	*1.44	*40.0	*0	*0.0	4	24.0	38.0	11.0	1.50	0.00
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
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*
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	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Potatoes, Instant Mashed	22 g	1200	90	0	370	8.00	0.00	0.0	0	2.4	0	2.0	16.0	1.5	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
GRAVY,CHICKEN:SCRATCH	2 TBSP	1	70	28	4104	0.08	0.12	1.3	69	0.02	5	5.13	6.64	1.46	0.91	*0.06
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
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 % of Calories			235	*12	413	*8.66	*1.43	*51.7	*144	*14.75	*15	*7.60	40.62	5.14	0.97	*0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	*25.0%	*12.9%	69.1%	19.7%	3.7%	*0.0%

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

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 - 11/20/2020																
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*
TURKEY BREAST,BAKED with SKIN	oz	500	54	21	18	0.00	0.40	5.9	0	0.0	*N/A*	8.13	0.0	2.1	0.59	*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
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) 18-19 sandwich	1	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	1	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
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*
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	600	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Potatoes, Instant Mashed	22 g	1200	90	0	370	8.00	0.00	0.0	0	2.4	0	2.0	16.0	1.5	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
GRAVY,CHICKEN:SCRATCH	2 TBSP	1	70	28	4104	0.08	0.12	1.3	69	0.02	5	5.13	6.64	1.46	0.91	*0.06
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
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			235	*12	413	*8.66	*1.43	*51.7	*144	*14.75	*15	*7.60	40.62	5.14	0.97	*0.00
% of Calories											*25.0%	*12.9%	69.1%	19.7%	3.7%	*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

Nov 13, 2020 thru Nov 30, 2020

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 - 11/25/2020																
South Senior High NO SCHOOL TODAY	Total SERVING	1000 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	
Thu - 11/26/2020																
South Senior High HOLIDAY	Total SERVING	1000 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	
Fri - 11/27/2020																
South Senior High NO SCHOOL TODAY	Total SERVING	1000 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	
Weighted Average			5751	*688	11406	*71.16	*28.50	*3371.6	*22919	*261.70	*163 *25.6%	*253.55 *17.6%	618.72 43.0%	257.58 40.3%	80.04 12.5%	*0.43 *0.1%

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Parkway School District

Nov 13, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

South Senior High

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	5751		750 - 850	677%			4901	Correction Required - Calories too High									
Cholesterol (mg)	688				Missing												
Sodium 1 (mg)	11406		1420						9986	Correction Required - Sodium too High							
Sodium 2 (mg)	11406		1080						10326	Correction Required - Sodium too High							
Fiber (g)	71.16		4.50	1581%	Missing												
Iron (mg)	28.50		4.00	712%	Missing												
Calcium (mg)	3371.6		30.00	11239%	Missing												
Vitamin A (IU)	22919		600	3820%	Missing												
Sugars (g)	163	11.36%			Missing												
Vitamin C (mg)	261.70		30.00	872%	Missing												
Protein (g)	253.55	17.64%	20.00	1268%	Missing												
Carbohydrate (g)	618.72	43.04%	440.00														
Total Fat (g)	257.58	40.31%	<=30.00%							Correction Required - Total Fat too High							
Saturated Fat (g)	80.04	12.53%	<10.00%							Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.43	0.07%			Missing												

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