

Parkway School District

Jun 1, 2021 thru Jun 4, 2021

Base Menu Spreadsheet

West 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)
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Tue - 06/01/2021																
West 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 Grilled Spicy SW	1 each	1	243	67	1376	3.00	*1.55	*43.1	*608	*16.05	*4	25.54	29.0	4.57	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
Chick dill sandwich	1 each	1	375	69	735	4.18	1.80	350.0	3000	0.0	6	28.0	44.43	10.5	1.61	0.00
Parkway Burger	3.5 oz	1	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Chicken 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
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
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
Chicken Taquitos	2 each	1	243	54	71	5.20	2.44	53.0	32	1.0	0	10.0	33.0	7.8	2.10	0.00
CRISPITOS,CN,CHILI,FULLY C KD,A	1 Each	1	240	30	340	2.00	1.08	100.0	0	0.0	0	8.0	20.0	14.0	3.50	0.00
CHICKEN TACO	2 EACH	1	228	43	249	2.70	1.61	100.0	499	4.28	*2	19.11	19.87	8.53	2.98	*0.04
BEEF TACO	2 EACH	1	286	42	267	2.69	2.26	108.3	506	4.26	*2	16.75	19.86	15.41	5.77	*0.54
Nacho Chips Tostitos Mid	1.75 oz	1	220	0	250	2.00	0.60	60.0	0	0.0	0	4.0	38.0	5.0	0.00	0.00
Beef Taco Filling - LT	Serving	1	124	49	287	1.00	0.36	170.0	400	0.0	0	14.0	2.0	7.0	2.70	0.00
Cheese Sauce, Parkway	2 oz	1	*143	*29	*517	*0.03	*0.05	*299.5	*411	*0.48	*2	*9.19	*4.18	*9.91	*5.72	*0.00
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG	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
Greek Salad Box	box	1	503	*30	877	*7.34	3.55	477.4	5092	18.68	*12	23.63	69.5	13.76	6.40	0.00
Steak Salad Box	box	1	705	86	1083	11.71	3.42	297.0	*754	*20.18	*24	28.05	62.15	38.98	10.92	*0.10
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
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
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
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
Southwest chicken Tornado	2.79 oz	1	160	15	280	2.00	1.44	40.0	500	2.4	*N/A*	6.0	22.0	6.0	1.50	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*
Corn Salad - WHS	Servings	1	178	1	157	1.73	0.36	17.8	259	6.22	*4	2.33	12.1	13.2	2.15	*0.00
Carrot Souffle Parkway	1/2 cup	1	197	56	902	5.68	0.38	142.4	22481	0.0	*18	2.07	30.67	5.85	*2.27	*0.00
PEACHES: canned,light syrup	1/2 CUP	1	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	1	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	14.99	0.0	0.00	0.00
Pineapple Tibits in Light Syru	1/2 cup or	1	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	0.00

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Tue - 06/01/2021																
	123g															
APPLESAUCE:cnnd,unswtnd,+vit C	11/2 CUP	1	282	0	13	7.38	1.54	26.8	195	142.25	60	1.14	75.62	0.67	0.05	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	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*
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
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			*11730	*1571	*24293	*150.81	*58.10	*5695.4	*61621	*602.70	*395	*536.92	*1302.0	*497.90	*144.95	*1.30
% of Calories											*13.5%	*18.3%	*44.4%	*38.2%	*11.1%	*0.1%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Wed - 06/02/2021																
West 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	

Thu - 06/03/2021																
West 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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Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/04/2021																
West Senior High	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Weighted Average			*11730	*1571	*24293	*150.81	*58.10	*5695.4	*61621	*602.70	*395 *30.3%	*536.92 *18.3%	*1302.0 *44.4%	*497.90 *38.2%	*144.95 *11.1%	*1.30 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	11730		750 - 850	1380%	Missing		10880	Correction Required - Calories too High
Cholesterol (mg)	1571				Missing			
Sodium 1 (mg)	24293		1420		Missing		22873	Correction Required - Sodium too High
Sodium 2 (mg)	24293		1080		Missing		23213	Correction Required - Sodium too High
Fiber (g)	150.81		4.50	3351%	Missing			
Iron (mg)	58.10		4.00	1452%	Missing			
Calcium (mg)	5695.4		30.00	18985%	Missing			
Vitamin A (IU)	61621		600	10270%	Missing			
Sugars (g)	395	13.48%			Missing			
Vitamin C (mg)	602.70		30.00	2009%	Missing			
Protein (g)	536.92	18.31%	20.00	2685%	Missing			
Carbohydrate (g)	1302.00	44.40%	440.00		Missing			
Total Fat (g)	497.90	38.20%	<=30.00%		Missing			Correction Required - Total Fat too High
Saturated Fat (g)	144.95	11.12%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	1.30	0.10%			Missing			

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