

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/01/2022																
Lunch 9-12	Total	5														
Oven Roasted Chicken	3 oz.	1	336	152	923	0.52	1.39	42.6	676	0.16	*0	29.14	1.76	22.64	6.29	1.71
YOGURT CRUNCH & CRAVE G & G BG	1 EACH	1	520	20	533	8.28	2.82	456.0	15926	3.01	*39	16.71	86.24	12.64	3.52	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF:Boiled Egg & Cheese	1 EACH	1	185	207	290	1.47	1.17	50.0	4791	17.96	2	14.39	5.17	11.49	5.67	*0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	1	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
SCALLOPED POTATOES,Idahoan	1/2 cup	2	126	0	444	1.64	*0.29	40.5	*0	*4.85	2	2.43	20.32	2.1	1.28	0.00
Green Beans, Seasoned	1/2 cup	2	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
Fruit Cup, Assorted	1/2 cup	2	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SPICED APPLES	2/3 CUP	5	179	0	27	2.08	0.36	14.1	117	22.18	*29	0.4	42.14	2.3	0.47	*0.00
Weighted Daily Average			831	*88	1101	9.78	*4.50	411.9	*6473	*42.58	*55	29.68	125.83	24.79	*7.36	*0.35
% of Calories											*26.5%	14.3%	60.6%	26.8%	*8.0%	*0.4%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/02/2022																
Lunch 9-12	Total	5														
Cheeseburger on WG Flowers Bun	4.9 oz	1	357	57	709	1.83	*1.65	*45.7	*N/A*	*N/A*	5	19.49	28.43	17.87	7.50	0.50
TURKEY SANDWICH	1 EACH	1	241	*54	1382	2.00	4.69	44.1	*0	0.0	*0	23.89	28.38	5.08	*0.88	*N/A*
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF:Boiled Egg & Cheese	1 EACH	1	185	207	290	1.47	1.17	50.0	4791	17.96	2	14.39	5.17	11.49	5.67	*0.00
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
LETTUCE &TOMATO	2 lf,2 slc	1	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
ORANGE GLAZED SWEET POTATOES	1/2 CUP	1	181	0	86	3.24	1.07	28.4	9682	22.69	*15	1.57	35.58	4.0	0.82	*0.00
Sweet Potato Crinkle Cut Fries	3 oz.	4	130	0	170	3.00	0.36	20.0	60	0.0	7	1.0	22.0	4.5	0.50	0.00
PINTO BEANS: cooked	1/2 CUP	3	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Fruit Cup, Assorted	1/2 cup	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MANAGER'S CHOICE	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			725	*77	1064	12.93	*5.23	*401.5	*5452	*26.01	*27	33.63	101.45	22.29	*6.52	*0.10
% of Calories											*15.1%	18.6%	56.0%	27.7%	*8.1%	*0.1%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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)
Mon - 12/05/2022																
Lunch 9-12	Total	5														
Chicken Fajita & Cheese Hoagie	5 oz	1	316	82	744	2.00	1.76	20.0	0	0.0	3	24.23	31.3	10.19	4.35	0.00
Steak/ Cheese Hoagie	6 oz	1	528	86	361	2.00	9.34	21.5	0	0.1	1	24.65	30.1	34.7	12.59	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF: Deli Turkey	1 EACH	1	101	31	404	1.47	0.70	25.0	4531	17.96	2	15.04	6.88	2.15	0.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Pepper & Onions Strips Frozen	1/2 cup	4	65	0	176	2.61	0.52	24.8	0	0.0	7	1.3	11.73	1.3	0.00	0.00
French Fries	1/2 cup	4	80	0	20	1.33	0.24	13.3	0	4.0	0	2.0	14.0	1.67	0.00	0.00
CORN, SEASONED, canned	1/2 CUP	5	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Fruit Cup, Assorted	1/2 cup	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Yellow Squash w/Onions	1/2 cup	3	38	0	219	1.53	0.50	22.6	259	7.64	*1	1.03	6.67	1.3	0.12	0.00
Weighted Daily Average			762	*52	1221	10.34	6.28	384.7	*3160	30.71	*21	34.68	103.70	25.54	*7.03	*0.01
% of Calories											*11.2%	18.2%	54.5%	30.2%	*8.3%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/06/2022																
Lunch 9-12	Total	5														
Arroz con Pollo	1 each	1	285	64	768	0.60	1.42	10.1	536	0.5	*0	21.92	28.12	8.43	2.79	0.28
Enchilada, Cheese	2 each	1	433	50	988	2.69	2.43	486.7	482	4.87	*N/A*	26.85	36.03	20.79	10.98	*0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF: Deli Turkey	1 EACH	1	101	31	404	1.47	0.70	25.0	4531	17.96	2	15.04	6.88	2.15	0.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
Rice- Mexican	1/2 cup	2	146	0	285	*1.25	0.45	13.9	0	0.0	1	3.25	30.92	1.11	0.21	0.00
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Jalapeno Pepper - Rings	1 oz.	1	8	0	474	0.85	0.54	6.5	0	0.0	1	0.0	1.42	0.0	0.00	0.00
Salsa, Low-sodium, Pouch	4 oz.	2	40	0	140	4.00	0.00	0.0	0	0.0	4	0.0	8.0	0.0	0.00	0.00
BROCCOLI: frozen, steamed	1/2 cup	4	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
Sweet Glazed Carrots	1/2 cup	3	96	0	83	2.43	1.12	49.6	18027	4.41	*12	1.05	20.57	1.53	0.29	*0.23
Fruit Cup, Assorted	1/2 cup	3	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Black Bean & Corn Salad	1/2 cup	5	85	0	174	4.56	2.39	30.7	479	5.82	*0	4.24	16.93	0.75	0.13	*0.00
Weighted Daily Average			773	*42	1417	*15.05	7.12	532.4	*15170	52.98	*26	37.68	116.95	19.45	*6.31	*0.20
% of Calories											*13.4%	19.5%	60.5%	22.6%	*7.3%	*0.2%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/07/2022																
Lunch 9-12	Total	5														
Lunch & Munch Tray	1 Each	1	571	35	609	9.03	1.48	241.3	600	114.0	36	16.5	86.16	17.01	4.84	0.00
Pork Chop with Gravy	1 Each	1	395	50	730	2.00	1.80	23.0	0	1.2	1	15.0	24.0	25.0	8.00	0.00
SALAD,CHEF: Deli Turkey	1 EACH	1	101	31	404	1.47	0.70	25.0	4531	17.96	2	15.04	6.88	2.15	0.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
JELLY	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Rolls, WG, Yeast, 2 oz.	2 oz.	1	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Sweet Potato Casserole	2/3 cup	2	266	30	171	2.34	1.98	62.2	11096	6.56	*21	4.25	46.31	7.5	1.57	*1.17
PEAS, GREEN, LOW-SODIUM, CANNE	1/2 cup	1	69	0	242	3.56	*0.81	27.9	*453	*8.2	*0	3.77	12.82	0.49	0.20	0.00
Fruit Cup, Assorted	1/2 cup	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Muffin- WG Mini Banana	1 Each	4	160	20	100	1.00	1.08	20.0	0	0.0	15	3.0	28.0	4.0	0.50	0.00
Weighted Daily Average			763	*61	975	8.59	*5.10	243.9	*7204	*39.30	*39	26.62	106.30	26.25	*6.62	*0.48
% of Calories											*20.3%	14.0%	55.7%	31.0%	*7.8%	*0.6%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/08/2022																
Lunch 9-12	Total	5														
FISH STICKS ALASKAN POLLO	4 oz.	1	210	40	400	0.00	0.00	0.0	0	0.0	0	12.0	22.0	10.0	2.00	0.00
CK- W																
Cornbread Poppers	3.08 oz	0	310	15	410	3.00	1.80	10.0	0	0.0	9	5.0	39.0	15.0	7.00	0.00
CORNBREAD	SERVINGS	1	121	12	92	0.62	0.95	100.8	36	0.29	*6	3.75	20.16	2.75	0.47	*0.00
BBQ WG Sliders	2 each	1	405	72	1120	2.51	2.54	92.8	334	5.12	*0	28.57	45.97	12.13	4.02	*0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Deli Turkey	1 EACH	1	101	31	404	1.47	0.70	25.0	4531	17.96	2	15.04	6.88	2.15	0.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1.25 CUP	1	28	0	27	2.62	1.10	44.5	9047	24.34	2	1.87	5.79	0.34	0.05	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
CREAMY COLE SLAW	1/4 CUP	2	39	3	75	0.98	0.24	17.5	676	12.49	*2	0.62	3.61	2.76	0.27	*0.01
BAKED BEANS (VEGETARIAN)	2/3 cup	2	181	0	297	5.76	1.77	60.0	230	1.63	*13	6.73	42.5	0.65	0.11	*0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	2	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
BeneFit Bar- CELEBRATION	1 Each	4	140	0	95	1.00	1.08	0.0	0	0.0	10	2.0	23.0	4.5	1.50	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MANAGER'S CHOICE	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			755	*45	1108	8.98	4.98	404.5	*3758	27.91	*35	33.22	113.66	21.46	*5.82	*0.01
% of Calories											*18.6%	17.6%	60.3%	25.6%	*6.9%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/09/2022																
Lunch 9-12	Total	5														
Chicken - WG Honey Sriracha Bo	6 pcs	1	290	55	370	2.00	1.44	20.0	0	0.0	4	22.0	22.0	13.0	2.50	0.00
Popcorn Chicken	10 each	1	269	60	590	3.00	2.00	17.0	168	1.0	*N/A*	18.0	20.0	13.0	3.00	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF: Deli Turkey	1 EACH	1	101	31	404	1.47	0.70	25.0	4531	17.96	2	15.04	6.88	2.15	0.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD DRESSING,Assorted	2 TBSP	4	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	4	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Macaroni & Cheese (Ched Sauce)	1/2 cup	5	113	0	157	2.00	0.74	26.8	12	0.05	*0	4.42	21.32	1.86	0.34	*0.00
Honey Buffalo Cauliflower Bite	1/2 cup	1	194	*1	749	3.32	2.03	33.5	1121	52.26	*25	4.96	43.74	0.92	*0.15	*0.00
Green Beans, Seasoned	1/2 cup	5	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
Fruit Cup, Assorted	1/2 cup	3	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CELERY STICKS	1 CUP	4	19	0	96	1.92	0.24	48.0	539	3.72	2	0.83	3.56	0.2	0.05	0.00
Dressing, Ranch, School Made	2 TBS	3	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average			775	*41	1414	12.22	5.73	412.9	*8340	46.00	*28	34.55	104.20	27.11	*5.90	*0.01
% of Calories											*14.6%	17.8%	53.8%	31.5%	*6.9%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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)
Mon - 12/12/2022																
Lunch 9-12	Total	4														
Chicken Alfredo	1 1/4 cup	1	397	56	611	1.80	2.24	314.0	358	0.0	*5	25.56	50.51	9.97	5.26	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD DRESSING, Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD, CHEF: CHEESE	1 EACH	1	208	40	461	1.47	0.70	25.0	4531	17.96	2	15.44	7.18	12.45	8.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD, TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Bread Stick WG Garlic	1.19 oz	1	90	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	*N/A*	3.0	15.0	3.0	0.00	0.00
Broccoli-Ranch Roasted	1/2 cup	4	38	0	17	2.00	0.40	33.6	665	26.38	*0	2.04	3.53	2.25	0.35	0.00
CORN, SEASONED, canned	1/2 CUP	3	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Fruit Cup, Assorted	1/2 cup	2	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Waldorf Salad	1/2 cup	4	42	1	7	0.93	0.03	1.7	76	1.77	*4	0.09	8.93	0.9	0.16	*0.00
Weighted Daily Average			775	*41	1029	10.04	4.86	*529.2	*4574	*54.25	*27	35.45	109.34	24.76	*8.08	*0.01
% of Calories											*13.7%	18.3%	56.4%	28.7%	*9.4%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/13/2022																
Lunch 9-12	Total	6														
Pull Apart: Italian Cheese WG	3.9 oz.	1	304	30	527	2.03	1.83	253.6	0	0.0	5	14.2	32.46	13.19	6.09	0.00
Pull Apart: WG Southwest Queso	1 each	1	300	30	580	2.00	1.90	330.0	0	0.0	5	14.0	33.0	13.0	6.00	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
TUNA SALAD	1/2 cup	1	152	34	489	0.76	0.82	20.6	164	1.29	*2	14.16	8.57	6.45	1.23	*0.00
Crackers- Crunch & Crave Origi	Bag	1	190	0	200	4.00	1.44	60.0	0	0.0	5	4.0	30.0	6.0	0.00	0.00
SALAD,CHEF: CHEESE	1 EACH	1	208	40	461	1.47	0.70	25.0	4531	17.96	2	15.44	7.18	12.45	8.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD DRESSING,Assorted	2 TBSP	3	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	3	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Pizza Sauce	1/4 cup	2	20	0	250	1.00	0.72	0.0	0	4.8	*N/A*	1.0	5.0	0.0	0.00	0.00
GREAT NORTHERN BEANS, CANNED	1/2 cup	4	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
Vegetable - Normandy Blend	2/3 cup	4	25	0	15	2.00	0.00	0.0	0	0.0	2	1.0	5.0	0.0	0.00	0.00
VEGETABLES- MEDITERRANEAN BLEND	64 grams	4	30	0	158	1.51	0.27	15.1	0	0.0	2	0.75	4.52	1.13	0.00	0.00
Fruit Cup, Assorted	1/2 cup	2	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	5	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Slushie: Smooth Cherry 1/2 RO	4.4 oz.	5	100	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00	0.00
Weighted Daily Average			785	*34	1323	13.06	5.26	578.9	*5833	76.43	*39	34.23	116.88	20.55	*6.57	*0.01
% of Calories											*19.9%	17.4%	59.6%	23.6%	*7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/14/2022																
Lunch 9-12	Total	5														
Catfish, Breaded Filet,Frozen	4 oz	1	186	20	350	0.00	0.00	0.0	0	0.0	0	16.0	12.0	10.0	2.00	0.00
CORNBREAD	SERVINGS	1	121	12	92	0.62	0.95	100.8	36	0.29	*6	3.75	20.16	2.75	0.47	*0.00
Pork Rib, Honey BBQ Sandwich	1 each	1	395	46	725	2.90	2.72	52.0	138	1.08	*1	16.6	39.0	19.5	6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
SALAD,CHEF: CHEESE	1 EACH	1	208	40	461	1.47	0.70	25.0	4531	17.96	2	15.44	7.18	12.45	8.03	0.00
CRACKERS	8 EACH	1	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
PICKLES,CUCUMBER,DILL	7 SLICE	1	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
ONIONS,RAW	1 TBSP	1	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
CREAMY COLE SLAW	1/2 CUP	2	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
French Fries	1/2 cup	3	80	0	20	1.33	0.24	13.3	0	4.0	0	2.0	14.0	1.67	0.00	0.00
Strawberry Smoothie	1/2 cup	4	110	3	48	1.27	0.38	59.2	85	47.98	17	1.2	26.78	0.06	0.00	*0.00
Fruit Cup, Assorted	1/2 cup	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MIXED VEGETABLES:Seasoned	.5 cups	4	111	0	78	4.99	0.93	28.3	5100	3.63	5	3.24	16.01	3.81	0.62	*0.00
Weighted Daily Average			813	*43	1051	11.87	4.58	458.0	*7704	73.74	*38	32.22	115.41	26.42	*7.20	*0.01
% of Calories											*18.7%	15.8%	56.8%	29.2%	*8.0%	*0.0%
Nutrient Guideline			750-850		1420										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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 - 12/15/2022																
Lunch 9-12	Total	5														
TURKEY ROAST, LIGHT & DAR K MEA	3.82 oz.	1	153	57	573	0.00	0.68	0.0	0	0.0	*N/A*	19.1	0.0	6.27	2.06	0.00
Gravy, Poultry, Low Sodium	1/2 cup	1	50	*N/A*	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2	*N/A*	6.0	2.0	*N/A*	*N/A*
Ham-97% FF, Cooked Sliced 1001	2.44 oz.	1	74	36	464	0.00	0.00	0.0	0	0.0	2	10.0	4.0	4.0	2.00	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
JELLY	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: CHEESE	1 EACH	1	208	40	461	1.47	0.70	25.0	4531	17.96	2	15.44	7.18	12.45	8.03	0.00
SALAD DRESSING,Assorted	2 TBSP	1	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	1	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	2	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Stuffing Mix	1/2 cup	1	119	0	395	0.75	1.08	17.9	405	0.01	*0	2.3	15.11	7.04	1.13	*0.00
Mashed Potatoes	1/2 cup	3	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	3	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
Cookie	1 oz.	3	106	8	99	1.34	0.60	*2.5	*20	*N/A*	*N/A*	1.51	18.03	3.45	1.10	*0.00
Fruit Cup, Assorted	1/2 cup	4	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Macaroni Salad	6 oz.	4	184	8	185	3.24	1.19	27.7	2810	19.8	*10	4.53	32.98	4.57	0.50	*0.00
Weighted Daily Average			787	*52	1287	*9.61	*5.25	*317.8	*5409	*46.83	*27	*31.90	106.25	25.34	*6.97	*0.00
% of Calories											*13.7%	*16.2%	54.0%	29.0%	*8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 12/16/2022																
Lunch 9-12	Total	1														
MANAGER'S CHOICE	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										<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

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)
Mon - 12/19/2022																
Lunch 9-12	Total	4														
Taco, WG Tostitos, Turkey	1 each	1	280	35	459	2.72	0.70	92.9	1761	3.7	*4	18.27	27.6	11.45	2.15	*0.00
Taco Salad, WG Chips	1 each	1	388	56	482	3.08	2.39	108.9	1853	3.7	*1	21.16	28.65	20.75	6.44	*0.67
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Cookies- Educational Snacks	Pack	1	120	0	65	2.00	1.08	4.0	0	0.0	6	2.0	22.0	4.0	0.00	0.00
Sour Cream Dip	TBS	1	38	0	13	0.00	0.07	3.4	0	0.0	4	0.28	4.35	2.24	2.05	*0.00
Jalapeno Pepper - Rings	1 oz.	1	8	0	474	0.85	0.54	6.5	0	0.0	1	0.0	1.42	0.0	0.00	0.00
Salsa, Low-sodium, Pouch	4 oz.	1	40	0	140	4.00	0.00	0.0	0	0.0	4	0.0	8.0	0.0	0.00	0.00
REFRIED BEANS	2/3 CUP	1	319	3	964	14.13	4.60	210.4	33	2.15	*3	18.18	46.97	7.24	1.72	*0.00
CORN, SEASONED, canned	1/2 CUP	3	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Fruit Cup, Assorted	1/2 cup	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CABBAGE SAUTE	1/2 CUP	4	53	0	47	2.52	0.49	41.9	206	41.64	*4	1.32	7.31	2.54	0.43	*0.00
Weighted Daily Average % of Calories			763	*38	1273	13.47	5.56	461.5	*1697	55.18	*23 *12.1%	35.17 18.4%	100.30 52.6%	27.27 32.2%	*7.41 *8.7%	*0.17 *0.2%
Nutrient Guideline			750-850		1420											<10.00

Tue - 12/20/2022																
Lunch 9-12	Total	4														
Pizza, WG The Max Cheese	slice	1	261	15	602	6.02	2.71	200.6	0	0.0	4	15.05	32.09	8.02	3.01	0.00
Pizza: RF Pepperoni The Max	slice	1	261	15	722	6.02	1.81	200.6	0	0.0	4	15.05	32.09	9.03	3.01	0.00
Toasted Cheese WG Sand/K-12	1 each	1	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	1	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Sweet Potato Crinkle Cut Fries	3 oz.	2	130	0	170	3.00	0.36	20.0	60	0.0	7	1.0	22.0	4.5	0.50	0.00
Turnip Greens, Chopped 19-20	4 oz	2	24	0	54	2.02	*0.72	4.2	*2000	*2.4	0	1.0	4.81	0.07	0.06	0.00
Fruit Cup, Assorted	1/2 cup	2	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MANAGER'S CHOICE	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 % of Calories			627	*24	946	9.67	*4.09	503.7	*1736	*12.66	*26 *16.5%	28.13 17.9%	90.60 57.8%	18.57 26.6%	*5.45 *7.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<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.

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

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 13

Generated on: 11/28/2022 4:26:27 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			764	*49	1170	*11.20	*5.27	*433.9	*5885	*44.97	*32 *37.3%	*32.86 *17.2%	108.53 56.8%	23.83 28.1%	*6.71 *7.9%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	764		750 - 850	100%				
Cholesterol (mg)	49				Missing			
Sodium 1 (mg)	1170		1420					
Sodium 2 (mg)	1170		1080				90	Correction Required - Sodium too High
Fiber (g)	11.20				Missing			
Iron (mg)	5.27				Missing			
Calcium (mg)	433.9				Missing			
Vitamin A (IU)	5885				Missing			
Sugars (g)	32	16.57%			Missing			
Vitamin C (mg)	44.97				Missing			
Protein (g)	32.86	17.20%			Missing			
Carbohydrate (g)	108.53	56.81%						
Total Fat (g)	23.83	28.07%						
Saturated Fat (g)	6.71	7.90%	<10.00%		Missing			
Trans Fat ¹ (g)	0.10	0.12%			Missing			

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

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

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

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