

# Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 1

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/01/2022               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                      | 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                   |
| Weighted Daily Average         |              |           | 652         | *88         | 1074      | 7.70      | *4.13     | 397.9      | *6356      | *20.40     | *26        | 29.28     | 83.69    | 22.48     | *6.88     | *0.35                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *16.1%     | 18.0%     | 51.4%    | 31.0%     | *9.5%     | *0.5%                   |
| Nutrient Guideline             |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Dec 1, 2022 thru Dec 20, 2022

## Base Menu Spreadsheet

Lunch K-8

### 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/02/2022               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                      | 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.        | 1         | 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    | 3         | 117         | 6           | 155       | 0.00      | 0.23      | 300.6      | 497        | 0.67       | *4         | 8.08      | 20.54    | 0.39      | 0.26      | *0.00                   |
| Weighted Daily Average         |              |           | 623         | *75         | 931       | 11.13     | *4.97     | *329.4     | *5316      | *25.88     | *22        | 31.42     | 84.14    | 19.52     | *6.17     | *0.10                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *14.4%     | 20.2%     | 54.0%    | 28.2%     | *8.9%     | *0.1%                   |
| Nutrient Guideline             |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |           |   |     |    |     |      |      |       |      |       |       |       |       |       |       |       |
|--------------------------------|-----------|---|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| Mon - 12/05/2022               |           |   |     |    |     |      |      |       |      |       |       |       |       |       |       |       |
| Lunch K-8                      | 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  |
| Steakum/ 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   | 2 | 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   | 2 | 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   | 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    | 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 |

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

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Dec 1, 2022 thru Dec 20, 2022

## Base Menu Spreadsheet

Lunch K-8

### 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 650         | *52         | 950       | 7.21      | 5.39      | 354.1      | *2958      | 21.72      | *18        | 31.88     | 83.30    | 22.78     | *6.79     | *0.01                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *11.2%     | 19.6%     | 51.2%    | 31.5%     | *9.4%     | *0.0%                   |
| Nutrient Guideline     |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Tue - 12/06/2022            |           |   |         |     |      |       |      |       |       |       |        |       |       |       |        |       |
|-----------------------------|-----------|---|---------|-----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Lunch K-8                   | 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   | 1 | 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.     | 1 | 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   | 3 | 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   | 1 | 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 |
| Weighted Daily Average      |           |   | 608     | *42 | 1121 | *7.92 | 4.08 | 469.7 | *7294 | 38.02 | *20    | 31.80 | 83.02 | 17.85 | *6.01  | *0.11 |
| % of Calories               |           |   |         |     |      |       |      |       |       |       | *13.4% | 20.9% | 54.6% | 26.4% | *8.9%  | *0.2% |
| Nutrient Guideline          |           |   | 600-650 |     | 1230 |       |      |       |       |       |        |       |       |       | <10.00 |       |

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/07/2022               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                      | 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                   |
| Weighted Daily Average         |              |           | 635         | *45         | 895       | 7.79      | *4.23     | 227.9      | *7204      | *39.30     | *27        | 24.22     | 83.90    | 23.05     | *6.22     | *0.48                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *16.8%     | 15.3%     | 52.9%    | 32.7%     | *8.8%     | *0.7%                   |
| Nutrient Guideline             |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <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

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**Patrick County Public Schools**

**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

Lunch K-8

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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/08/2022            |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                   | 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       | 1         | 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    | 3         | 117         | 6           | 155       | 0.00      | 0.23      | 300.6      | 497        | 0.67       | *4         | 8.08      | 20.54    | 0.39      | 0.26      | *0.00                   |
| Weighted Daily Average      |              |           | 647         | *44         | 1020      | 8.38      | 4.29      | 344.4      | *3658      | 27.78      | *28        | 30.41     | 95.75    | 18.68     | *4.87     | *0.01                   |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | *17.5%     | 18.8%     | 59.2%    | 26.0%     | *6.8%     | *0.0%                   |
| Nutrient Guideline          |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Patrick County Public Schools**

**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

Lunch K-8

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Fri - 12/09/2022</b>        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                      | 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       | 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                    |
| Macaroni & Cheese (Ched Sauce) | 1/2 cup      | 3         | 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      | 2         | 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      | 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                   |
| 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                   |
| Weighted Daily Average         |              |           | 660         | *41         | 1199      | 8.77      | 4.87      | 319.3      | *3589      | 40.38      | *30        | 31.15     | 95.22    | 19.49     | *4.74     | *0.01                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *18.1%     | 18.9%     | 57.7%    | 26.6%     | *6.5%     | *0.0%                   |
| Nutrient Guideline             |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                             |           |   |     |    |     |      |      |       |       |       |       |       |       |       |       |       |
|-----------------------------|-----------|---|-----|----|-----|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Mon - 12/12/2022</b>     |           |   |     |    |     |      |      |       |       |       |       |       |       |       |       |       |
| Lunch K-8                   | 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   | 3 | 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    | 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 | 2 | 117 | 6  | 155 | 0.00 | 0.23 | 300.6 | 497   | 0.67  | *4    | 8.08  | 20.54 | 0.39  | 0.26  | *0.00 |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

## Base Menu Spreadsheet

Lunch K-8

### 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 646         | *37         | 940       | 7.88      | 4.55      | *364.7     | *4040      | *41.13     | *17        | 30.59     | 84.56    | 23.03     | *7.69     | *0.01                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *10.7%     | 18.9%     | 52.3%    | 32.1%     | *10.7%    | *0.0%                   |
| Nutrient Guideline     |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Tue - 12/13/2022                |           |   |         |     |      |      |      |       |       |       |        |       |       |       |        |       |
|---------------------------------|-----------|---|---------|-----|------|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Lunch K-8                       | 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   | 1 | 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  | 1 | 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 |
| Weighted Daily Average          |           |   | 612     | *34 | 1034 | 9.11 | 4.10 | 470.2 | *4999 | 25.58 | *23    | 29.03 | 82.52 | 19.73 | *6.49  | *0.01 |
| % of Calories                   |           |   |         |     |      |      |      |       |       |       | *14.7% | 19.0% | 53.9% | 29.0% | *9.5%  | *0.0% |
| Nutrient Guideline              |           |   | 600-650 |     | 1230 |      |      |       |       |       |        |       |       |       | <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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Patrick County Public Schools**

**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 8

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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 <sup>1</sup> (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/14/2022              |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                     | 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      | 1         | 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    | 2         | 117         | 6           | 155       | 0.00      | 0.23      | 300.6      | 497        | 0.67       | *4         | 8.08      | 20.54    | 0.39      | 0.26      | *0.00                   |
| Weighted Daily Average        |              |           | 611         | *39         | 898       | 7.11      | 3.52      | 279.6      | *3374      | 41.79      | *22        | 25.67     | 78.31    | 23.18     | *6.60     | *0.01                   |
| % of Calories                 |              |           |             |             |           |           |           |            |            |            | *14.6%     | 16.8%     | 51.2%    | 34.1%     | *9.7%     | *0.0%                   |
| Nutrient Guideline            |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <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

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**Patrick County Public Schools**

**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

Lunch K-8

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 <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Thu - 12/15/2022</b>         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                       | 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                   |
| Weighted Daily Average          |              |           | 640         | *45         | 1139      | *7.02     | *4.30     | *295.7     | *3161      | *30.99     | *19        | *28.27    | 79.86    | 21.69     | *6.58     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |            |            |            | *12.1%     | *17.7%    | 49.9%    | 30.5%     | *9.2%     | *0.0%                   |
| Nutrient Guideline              |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                         |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |      |
|-------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| <b>Fri - 12/16/2022</b> |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |      |
| Lunch K-8               | 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      |         |   | 600-650 |   | 1230 |      |      |     |   |      |      |      |      |      | <10.00 |      |

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**Patrick County Public Schools**

**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

Lunch K-8

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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 12/19/2022</b>     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Lunch K-8                   | 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    | 2         | 117         | 6           | 155       | 0.00      | 0.23      | 300.6      | 497        | 0.67       | *4         | 8.08      | 20.54    | 0.39      | 0.26      | *0.00                   |
| Weighted Daily Average      |              |           | 681         | *37         | 1188      | 10.95     | 5.02      | 344.5      | *1367      | 13.37      | *17        | 31.83     | 87.85    | 24.63     | *6.92     | *0.17                   |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | *10.3%     | 18.7%     | 51.6%    | 32.5%     | *9.1%     | *0.2%                   |
| Nutrient Guideline          |              |           | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |           |   |         |     |      |      |       |       |       |        |        |       |       |       |        |       |
|--------------------------------|-----------|---|---------|-----|------|------|-------|-------|-------|--------|--------|-------|-------|-------|--------|-------|
| <b>Tue - 12/20/2022</b>        |           |   |         |     |      |      |       |       |       |        |        |       |       |       |        |       |
| Lunch K-8                      | 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 |
| Weighted Daily Average         |           |   | 627     | *24 | 946  | 9.67 | *4.09 | 503.7 | *1736 | *12.66 | *26    | 28.13 | 90.60 | 18.57 | *5.45  | *0.00 |
| % of Calories                  |           |   |         |     |      |      |       |       |       |        | *16.5% | 17.9% | 57.8% | 26.6% | *7.8%  | *0.0% |
| Nutrient Guideline             |           |   | 600-650 |     | 1230 |      |       |       |       |        |        |       |       |       | <10.00 |       |

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# Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Lunch K-8

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 <sup>1</sup> (g) |
|------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|----------------|----------------|----------------|-------------------------|
| Weighted Average |              |           | 638         | *46         | 1026      | *8.51     | *4.43     | *361.6     | *4235      | *29.15     | *23<br>*32.2% | *29.51<br>*18.5% | 85.60<br>53.7% | 21.13<br>29.8% | *6.26<br>*8.8% | *0.10<br>*0.1%          |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)               |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories                   | 638      |           | 600 - 650     | 100%        |           |           |         |                                       |
| Cholesterol (mg)           | 46       |           |               |             | Missing   |           |         |                                       |
| Sodium 1 (mg)              | 1026     |           | 1230          |             |           |           |         |                                       |
| Sodium 2 (mg)              | 1026     |           | 935           |             |           |           | 91      | Correction Required - Sodium too High |
| Fiber (g)                  | 8.51     |           |               |             | Missing   |           |         |                                       |
| Iron (mg)                  | 4.43     |           |               |             | Missing   |           |         |                                       |
| Calcium (mg)               | 361.6    |           |               |             | Missing   |           |         |                                       |
| Vitamin A (IU)             | 4235     |           |               |             | Missing   |           |         |                                       |
| Sugars (g)                 | 23       | 14.31%    |               |             | Missing   |           |         |                                       |
| Vitamin C (mg)             | 29.15    |           |               |             | Missing   |           |         |                                       |
| Protein (g)                | 29.51    | 18.51%    |               |             | Missing   |           |         |                                       |
| Carbohydrate (g)           | 85.60    | 53.67%    |               |             |           |           |         |                                       |
| Total Fat (g)              | 21.13    | 29.81%    |               |             |           |           |         |                                       |
| Saturated Fat (g)          | 6.26     | 8.83%     | <10.00%       |             | Missing   |           |         |                                       |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.14%     |               |             | 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

<sup>1</sup> - 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.