

# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

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)
Tue - 04/09/2024																
Lunch 9-12	Total	5														
Pizza - Personal 4" Cheese Rou	4.46 ozs	1	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Pizza, Personal 4" Pepperoni W	4.51 oz	1	290	35	490	3.00	1.80	200.0	300	0.0	5	16.0	26.0	13.0	6.00	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
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
BRUSSELS SPROUTS - ROAS	1/2 cup	3	84	0	282	4.46	0.55	28.3	1008	49.75	*2	3.96	9.06	4.74	0.68	*0.00
TED																
ORANGE GLAZED SWEET PO	1/2 CUP	4	181	0	86	3.24	1.07	28.4	9682	22.69	*15	1.57	35.58	4.0	0.82	*0.00
TATOES																
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	4	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
Tomato Cucumber Salad	1/2 cup	4	24	0	133	0.94	0.27	11.7	574	10.7	*2	0.78	5.22	0.17	0.03	0.00
Weighted Daily Average			791	*34	1206	12.20	4.59	535.3	*12005	79.72	*39	31.98	110.61	26.57	*7.94	*0.01
% of Calories											*19.6%	16.2%	55.9%	30.2%	*9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Wed - 04/10/2024																
Lunch 9-12	Total	4														
SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	52	500	2.58	4.22	55.4	264	5.46	*4	20.88	37.37	12.32	4.54	*0.66
Garlic WG Toast	Slice	1	73	0	110	0.91	0.73	0.0	0	0.0	2	2.74	13.72	0.91	0.00	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
CORN, SEASONED, canned	1/2 CUP	3	71	0	187	1.63	*0.71	9.1	*66	*7.0	*0	2.15	16.23	0.91	0.20	0.00
VEGETABLES- MEDITERRANEAN BLEND	64 grams	3	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	1	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Cookie	1 oz.	4	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,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
Waldorf Salad	1/2 cup	4	42	1	7	0.93	0.03	1.7	76	1.77	*4	0.09	8.92	0.9	0.16	*0.00
Weighted Daily Average			832	*47	1267	10.98	*5.58	*455.0	*3872	*32.69	*28	34.02	122.19	25.77	*7.68	*0.17
% of Calories											*13.6%	16.4%	58.7%	27.9%	*8.3%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch 9-12

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)
Thu - 04/11/2024																
Lunch 9-12	Total	5														
Pork: Pulled/WG Bun	1 Each	1	338	72	719	2.23	2.09	44.9	166	0.14	*0	29.19	30.79	11.62	4.01	*0.00
BBQ Chicken/WG Bun	1 each	1	262	52	510	3.32	2.52	40.0	132	0.0	*4	24.86	35.93	3.82	0.66	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
CREAMY COLE SLAW	1/4 CUP	1	40	6	70	0.96	0.18	15.1	732	12.47	*2	0.48	3.4	2.86	0.29	*0.00
Potato Wedges FF RS	1/2 cup	5	102	0	100	2.00	*N/A*	*N/A*	*N/A*	*N/A*	0	2.0	16.0	3.0	1.00	0.00
APPLE-HONEY CRISP	SERVINGS	3	173	0	72	1.46	1.45	17.4	255	1.02	*14	1.92	28.47	6.17	1.24	*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	5	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
PINTO BEANS: cooked	1/2 CUP	4	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Weighted Daily Average			815	*47	1033	13.26	*5.50	*448.6	*3280	*15.41	*20	40.88	111.53	24.02	*6.96	*0.01
% of Calories											*9.8%	20.1%	54.8%	26.5%	*7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Fri - 04/12/2024																
Lunch 9-12	Total	5														
Chicken Fajita	1 each	1	264	68	614	1.85	2.18	82.1	2488	8.13	*1	24.88	20.09	7.88	3.07	0.00
Taco, WG Soft Shell, Beef	1 each	1	306	64	455	1.00	*2.35	*72.4	*92	*0.0	*0	21.35	16.37	17.0	7.16	0.67
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,TOSSED: no dressing	1 CUP	2	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	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
Dressing, Ranch, School Made	2 TBS	5	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*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
PINTO BEANS: cooked	1/2 CUP	4	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Yellow Squash w/Onions	1/2 cup	4	38	0	219	1.53	0.50	22.6	259	7.64	*1	1.03	6.67	1.3	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	4	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
Corn Salad	1/2 cup	2	44	*0	166	1.61	0.43	10.0	299	16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
Weighted Daily Average			765	*48	1250	15.59	*5.56	*505.4	*5379	*42.04	*25	38.85	101.62	*24.07	*7.00	*0.14
% of Calories											*13.1%	20.3%	53.1%	*28.3%	*8.2%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch 9-12

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)
Mon - 04/15/2024																
Lunch 9-12																
	Total	500														
	Sausage - Patty Pork Jones Dai	1 each	300	182	30	283	0.00	0.36	0.0	0.0	0	6.08	1.01	17.21	6.08	0.00
	EGG PATTIE 1.25 oz	1.25 oz.	300	60	95	110	0.00	0.00	20.0	0	0.0	3.0	1.0	4.0	1.00	0.00
	BISCUITS, DOUGH, SOUTHERN STYL	1 each	300	220	0	420	0.96	1.80	80.0	0	0.0	3	4.0	29.0	9.0	4.50
	Gravy, Old Fashioned Biscuit G	2 oz	200	45	0	260	0.00	0.00	3.0	0	0.0	0.0	6.0	2.0	1.00	0.00
	SALAD,CHEF: Ham & Cheese	1 EACH	10	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26
	CRACKERS	4 EACH	10	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20
	WOWBUTTER WG Sandwich	1 each	50	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00
	Jelly Grape Cup	28 grams	50	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00
	Toasted Cheese WG Sand/K-12	1 each	140	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50
	SALAD,TOSSED: no dressing	1 CUP	50	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.05
	SALAD DRESSING,Assorted	2 TBSP	20	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65
	Dressing, Ranch, School Made	2 TBS	30	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69
	Potato Wedges-Simplot	2.69 oz	400	100	0	30	2.00	0.72	10.0	0	0.0	0	2.0	17.01	2.5	0.00
	SPICED APPLES	2/3 CUP	300	179	0	27	2.08	0.36	14.1	117	22.18	*29	0.4	42.14	2.3	0.47
	Fruit Cup, Assorted	1/2 cup	100	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01
	FRUIT,FRESH ASSORTED	1 EACH	300	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06
	MILK - Variety	HALF PINT	425	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26
	MANAGER'S CHOICE	SERVING	125	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00
	Weighted Daily Average			801	*92	1048	6.83	3.69	423.9	*1484	27.59	*35	25.91	107.17	30.57	*10.74
	% of Calories										*17.7%	12.9%	53.5%	34.3%	*12.1%	*0.0%
	Nutrient Guideline			750-850		1420									<10.00	

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Base Menu Spreadsheet

Lunch 9-12

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)
Tue - 04/16/2024																
Lunch 9-12	Total	500														
Pork: Street Carnita Flatbread	1 Each	450	447	92	780	3.63	*0.37	51.3	*168	*2.77	*3	34.4	30.8	20.17	8.53	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	10	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	10	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
WOWBUTTER WG Sandwich	1 each	35	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	10	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Toasted Cheese WG Sand/K-12	1 each	5	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,TOSSED: no dressing	1 CUP	300	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.05	0.00
SALAD DRESSING,Assorted	2 TBSP	25	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Dressing, Ranch, School Made	2 TBS	300	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
LETTUCE & TOMATO	2 lf,2 slc	400	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
Cauliflower- Popcorn	4 ozs	475	24	0	10	0.97	0.18	9.7	0	0.0	*1	0.97	1.93	1.35	0.19	*0.00
PEAS, GREEN, LOW-SODIUM, CANNE	1/2 cup	400	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	175	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	300	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	400	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Sidekick	4.4 oz.	450	90	0	30	0.00	*N/A*	80.0	1000	60.0	19	*N/A*	22.0	0.0	0.00	0.00
Weighted Daily Average			828	*89	1235	11.71	*2.88	457.0	*8408	*94.16	*39	*46.01	103.41	26.35	*9.33	*0.00
% of Calories											*19.0%	*22.2%	50.0%	28.6%	*10.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Wed - 04/17/2024																
Lunch 9-12	Total	5														
MEAT LOAF	3/4" SLICE	1	206	67	121	1.35	2.22	43.9	136	1.68	*1	16.24	7.96	11.79	4.35	*0.61
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
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
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	1	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Mashed Potatoes	1/2 cup	4	81	0	100	1.01	3.04	23.9	0	30.44	0	2.03	17.25	0.51	0.00	0.00
Green Beans, Seasoned	1/2 cup	3	19	0	187	1.33	*0.61	23.1	*294	*3.2	*0	0.79	4.03	0.16	0.09	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	4	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
BBQ Sauce 1 oz P/C	1 Each	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
Deviled Eggs	2 Halves	4	96	187	235	0.02	0.91	29.4	276	0.0	*1	6.35	2.2	6.67	1.85	*0.02
Weighted Daily Average			760	*199	1254	8.67	*7.56	467.2	*3521	*49.94	*26	37.29	98.97	24.99	*7.18	*0.15
% of Calories											*13.8%	19.6%	52.1%	29.6%	*8.5%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/18/2024																
Lunch 9-12	Total	4														
Ham & Cheese Hoagie	1 each	1	277	33	652	3.00	0.00	0.0	0	0.0	*2	17.0	32.0	10.0	4.50	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	2	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
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
Vegetable Beef Soup	8 oz.	1	114	18	702	3.37	1.62	48.4	2005	12.0	*1	7.51	14.66	2.38	0.82	*0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
Applesauce-Blue Raspberry	1 Each	2	90	0	0	2.01	0.00	4.0	0	0.0	19	0.0	22.07	0.0	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	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
MAYONNAISE:individual PC	Pkt 7g	2	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
CARROT STICKS	1/2 CUP	4	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
Dressing, Ranch, School Made	2 TBS	2	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			702	*40	1254	8.76	3.90	455.7	*14902	24.12	*29	31.60	91.71	24.30	*7.04	*0.02
% of Calories											*16.6%	18.0%	52.3%	31.2%	*9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Fri - 04/19/2024																
Lunch 9-12	Total	4														
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
Pizza Sauce	1/4 cup	1	20	0	250	1.00	0.72	0.0	0	4.8	*N/A*	1.0	5.0	0.0	0.00	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
CORN, SEASONED, canned	1/2 CUP	4	71	0	187	1.63	*0.71	9.1	*66	*7.0	*0	2.15	16.23	0.91	0.20	0.00
Sweet Glazed Carrots	1/2 cup	4	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	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	4	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
BROCCOLI SALAD	1/2 CUP	2	134	6	173	1.95	0.66	33.1	353	49.03	*2	2.05	15.58	7.94	1.11	*0.00
Weighted Daily Average			805	*34	1275	12.01	*5.79	505.6	*21849	*65.69	*38	30.51	120.57	26.21	*7.64	*0.23
% of Calories											*18.9%	15.2%	59.9%	29.3%	*8.5%	*0.3%
Nutrient Guideline			750-850		1420										<10.00	

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

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)
Mon - 04/22/2024																
Lunch 9-12	Total	5														
Cheese Quesadilla	1 each	1	305	31	602	*4.05	*1.82	*151.9	*0	*0.0	*3	19.4	28.37	13.77	7.16	*0.00
Chicken And Cheese Quesadilla	1 Each	1	422	65	643	4.05	2.49	268.8	169	0.0	*2	26.84	32.32	19.76	10.94	*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
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	0.00
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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Green Beans, Seasoned	1/2 cup	3	19	0	187	1.33	*0.61	23.1	*294	*3.2	*0	0.79	4.03	0.16	0.09	0.00
Honey Roasted Sweet Potatoes	1/2 cup	3	160	0	53	2.04	0.78	21.9	5552	3.65	*25	0.07	36.12	1.82	0.32	*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
APPLE-HONEY CRISP	SERVINGS	4	173	0	72	1.46	1.45	17.4	255	1.02	*14	1.92	28.47	6.17	1.24	*0.00
Weighted Daily Average			824	*38	1212	*10.86	*6.01	*432.2	*10936	*37.90	*45	30.82	114.44	28.98	*9.33	*0.01
% of Calories											*21.9%	15.0%	55.6%	31.7%	*10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Tue - 04/23/2024																
Lunch 9-12	Total	5														
Hot Dog(All turkey)/WG Bun	1 Each	1	276	50	518	1.82	2.36	96.4	0	0.0	1	12.36	28.27	12.36	3.50	0.00
Fish- Pollock Square WG Bun	1 Each	1	320	35	510	3.00	2.88	40.0	0	0.0	1	18.0	46.0	8.5	1.00	0.00
CREAMY COLE SLAW	1/4 CUP	1	40	6	70	0.96	0.18	15.1	732	12.47	*2	0.48	3.4	2.86	0.29	*0.00
Chili, Hot Dog Chandler	1 oz.	1	25	5	95	0.50	0.54	10.0	200	0.6	1	3.5	2.5	0.5	0.00	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
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	2	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*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
Turnip Greens, Chopped 19-20	4 oz	3	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	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	4	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
KETCHUP: individual	Pkt 6g	2	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Tartar Sauce	packet	1	25	5	115	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
Macaroni Salad	6 oz.	4	183	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			818	*48	1147	11.15	*5.26	470.9	*6723	*46.52	*31	34.15	119.85	24.78	*5.70	*0.01
% of Calories											*14.9%	16.7%	58.6%	27.3%	*6.3%	*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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 <sup>1</sup> (g)
Wed - 04/24/2024																
Lunch 9-12	Total	5														
Italian Dunkers	4 oz.	1	125	28	275	1.59	1.92	25.6	843	18.7	*1	9.31	8.58	6.32	2.36	*0.35
Chik'n Nuggets Vegan	4 Nuggets	1	199	0	368	2.99	1.69	29.9	0	0.0	2	11.94	19.9	8.96	1.49	0.00
Bosco's Cheese WG Bread Sticks	2.29 oz	2	150	15	220	2.00	1.08	150.0	0	0.0	1	10.0	17.0	5.0	2.50	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	0.00
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
Dressing, Ranch, School Made	2 TBS	2	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
VEGETABLES- MEDITERRANEAN BLEND	64 grams	5	30	0	158	1.51	0.27	15.1	0	0.0	2	0.75	4.52	1.13	0.00	0.00
Mandarin Oranges	1/2 cup	1	50	0	17	0.83	0.60	16.7	0	0.0	10	0.83	11.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	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
Crunchy Bonzo Beans	1/4 cup	4	119	0	158	2.86	0.04	1.3	73	0.05	*3	3.5	14.82	4.51	0.84	*0.00
Weighted Daily Average			743	*33	1253	11.62	4.50	523.3	*7621	37.88	*27	34.54	93.38	27.15	*7.17	*0.08
% of Calories											*14.5%	18.6%	50.3%	32.9%	*8.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

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)
Thu - 04/25/2024																
Lunch 9-12	Total	500														
Cheeseburger on WG Flowers Bun	4.9 oz	300	356	57	698	1.82	*1.64	*36.4	*0	*0.0	0	20.36	28.27	17.86	7.50	0.50
CHICKEN SALAD	1/2 CUP	175	153	58	229	0.50	0.94	10.6	158	0.97	*4	18.05	5.51	7.51	1.17	*0.02
Rolls, WG, Yeast, 2 oz.	2 oz.	175	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	5	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	5	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
WOWBUTTER WG Sandwich	1 each	10	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	10	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Toasted Cheese WG Sand/K-12	1 each	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
LETTUCE & TOMATO	2 lf,2 slc	250	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
SALAD,TOSSED: no dressing	1 CUP	50	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.05	0.00
SALAD DRESSING,Assorted	2 TBSP	10	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Dressing, Ranch, School Made	2 TBS	300	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Loopy Fries Red Sodium	2.21 oz	475	101	0	121	1.01	0.36	0.0	0	0.0	0	1.01	15.08	4.02	0.50	0.00
Sweet Glazed Carrots	1/2 cup	450	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	100	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	300	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	450	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
KETCHUP: individual	Pkt 6g	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Broccoli-Ranch Roasted	1/2 cup	400	38	0	17	2.00	0.40	33.6	665	26.38	*0	2.04	3.53	2.25	0.35	0.00
Weighted Daily Average			771	*63	1123	9.94	*4.50	*409.8	*19471	*44.02	*31	33.74	105.62	25.75	*6.96	*0.51
% of Calories											*16.3%	17.5%	54.8%	30.1%	*8.1%	*0.6%
Nutrient Guideline			750-850		1420										<10.00	

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

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**Patrick County Public Schools**

**Apr 9, 2024 thru Apr 30, 2024**

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 <sup>1</sup> (g)
<b>Fri - 04/26/2024</b>																
Lunch 9-12	Total	4														
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
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
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
PINTO BEANS: cooked	1/2 CUP	4	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	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
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
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
Lemon Roasted Carrots	4 oz	4	51	*0	64	2.40	0.77	27.0	11373	2.27	*0	0.54	6.76	2.56	0.36	*0.00
Weighted Daily Average			808	*41	1230	18.13	6.45	*504.6	*15362	*33.12	*24	39.59	113.86	23.53	*6.40	*0.08
% of Calories											*11.9%	19.6%	56.4%	26.2%	*7.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

<b>Mon - 04/29/2024</b>																
Lunch 9-12	Total	3														
MANAGER'S CHOICE	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	0.00
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
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
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	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

\*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

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

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 Daily Average			765	*32	1140	9.69	4.75	512.7	*9707	47.89	*38	31.88	100.11	28.65	*7.69	*0.01
% of Calories											*19.9%	16.7%	52.4%	33.7%	*9.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/30/2024																
Lunch 9-12	Total	6														
Chicken Fajita Nachos WG	6 oz.	1	356	96	705	2.29	*0.41	*22.9	*0	*0.0	0	25.15	29.51	14.92	4.27	0.00
Taco-Beef with WG Scoops	1 each	1	307	56	448	2.00	2.05	93.3	123	0.0	*0	20.06	20.09	15.22	5.09	*0.67
Taco, Turkey WG Tortilla Scoop	1 each	1	280	35	476	2.72	0.70	92.9	1761	3.7	4	18.27	27.6	11.45	2.15	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	1	144	36	595	1.47	0.83	27.1	4531	17.96	*2	14.62	4.87	7.08	4.26	0.01
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
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
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,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	0.05	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
Dressing, Ranch, School Made	2 TBS	1	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Rice- Mexican	1/2 cup	3	146	0	285	*1.25	0.45	13.9	0	0.0	1	3.25	30.92	1.11	0.21	0.00
Salsa, Low-sodium, Pouch	4 oz.	3	40	0	140	4.00	0.00	0.0	0	0.0	4	0.0	8.0	0.0	0.00	0.00
CORN, SEASONED, canned	1/2 CUP	4	71	0	187	1.63	*0.71	9.1	*66	*7.0	*0	2.15	16.23	0.91	0.20	0.00
REFRIED BEANS	1/2 CUP	4	58	8	93	0.66	0.36	118.1	113	1.07	*0	4.56	2.7	2.76	1.81	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	5	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	6	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*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
Weighted Daily Average			757	*56	1281	*10.82	*3.78	*519.7	*3097	*28.32	*26	36.33	106.58	21.64	*6.89	*0.12
% of Calories											*13.7%	19.2%	56.3%	25.7%	*8.2%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			787	*59	1200	*11.39	*5.02	*476.7	*9226	*44.19	*31	*34.88	107.60	*25.83	*7.60	*0.10
											*36.0%	*17.7%	54.7%	*29.6%	*8.7%	*0.1%

\*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

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	787		750 - 850		100%												
Cholesterol (mg)	59					Missing											
Sodium 1 (mg)	1200			1420	85%												
Sodium 1a (mg)	1200			1280	94%												
Fiber (g)	11.39					Missing											
Iron (mg)	5.02					Missing											
Calcium (mg)	476.7					Missing											
Vitamin A (IU)	9226					Missing											
Sugars (g)	31	15.98%				Missing											
Vitamin C (mg)	44.19					Missing											
Protein (g)	34.88	17.74%				Missing											
Carbohydrate (g)	107.60	54.72%															
Total Fat (g)	25.83	29.56%				Missing											
Saturated Fat (g)	7.60	8.70%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.10	0.11%				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

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