

# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

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)
Tue - 04/09/2024																
Lunch K-8	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	2	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	3	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	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			657	*32	964	9.32	3.91	391.0	*9174	52.86	*29	26.84	85.52	24.48	*7.50	*0.01
% of Calories											*17.8%	16.3%	52.1%	33.5%	*10.3%	*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

Apr 9, 2024 thru Apr 30, 2024

## 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)
Wed - 04/10/2024																
Lunch K-8	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	2	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
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			647	*37	1083	8.34	*4.83	371.9	*3652	*30.76	*23	30.22	88.98	21.04	*6.36	*0.17
% of Calories											*14.3%	18.7%	55.1%	29.3%	*8.9%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/11/2024																
Lunch K-8	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	3	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	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

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Apr 9, 2024 thru Apr 30, 2024

## 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			629	*45	930	6.31	*3.98	*296.9	*3081	*14.60	*18	30.68	78.98	22.22	*6.37	*0.01
% of Calories											*11.6%	19.5%	50.2%	31.8%	*9.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/12/2024																
Lunch K-8	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	3	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	2	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	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			655	*47	1064	11.63	*4.68	*417.7	*4987	*24.96	*18	34.39	78.77	23.08	*6.82	*0.14
% of Calories											*11.1%	21.0%	48.1%	31.7%	*9.4%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Apr 9, 2024 thru Apr 30, 2024

## 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)
Mon - 04/15/2024																
Lunch K-8	Total	500														
Sausage - Patty Pork Jones Dai	1 each	300	182	30	283	0.00	0.36	0.0	0	0.0	0	6.08	1.01	17.21	6.08	0.00
EGG PATTIE 1.25 oz	1.25 oz.	100	60	95	110	0.00	0.00	20.0	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	0.00
Gravy, Old Fashioned Biscuit G	2 oz	200	45	0	260	0.00	0.00	3.0	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	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	50	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	50	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	140	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	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	20	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	30	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Potato Wedges-Simplot	2.69 oz	300	100	0	30	2.00	0.72	10.0	0	0.0	0	2.0	17.01	2.5	0.00	0.00
SPICED APPLES	2/3 CUP	100	179	0	27	2.08	0.36	14.1	117	22.18	*29	0.4	42.14	2.3	0.47	*0.00
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	100	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
Weighted Daily Average			651	*54	979	4.43	3.29	386.5	*1343	11.61	*18	23.40	77.97	27.42	*10.12	*0.00
% of Calories											*11.3%	14.4%	47.9%	37.9%	*14.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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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 - 04/16/2024																
Lunch K-8	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	100	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	50	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	200	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	200	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	100	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
Weighted Daily Average			647	*89	1047	7.99	*2.11	344.1	*5519	*24.09	*15	42.84	67.50	23.23	*8.83	*0.00
% of Calories											*9.4%	26.5%	41.8%	32.3%	*12.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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\* - 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 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)
Wed - 04/17/2024																
Lunch K-8	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	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
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
Weighted Daily Average			645	*48	1035	8.07	*6.75	380.2	*3166	*46.26	*21	30.42	89.34	19.52	*5.63	*0.13
% of Calories											*13.3%	18.9%	55.4%	27.2%	*7.9%	*0.2%
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**

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

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 - 04/18/2024																
Lunch K-8	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	3	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
Weighted Daily Average			620	*38	1109	7.06	3.66	350.8	*4571	20.32	*25	28.69	79.82	21.57	*6.61	*0.02
% of Calories											*16.0%	18.5%	51.5%	31.3%	*9.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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\* - 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 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 - 04/19/2024																
Lunch K-8	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	2	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	2	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	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			636	*31	1053	8.27	*4.49	455.5	*12583	*31.05	*28	27.67	89.67	20.95	*6.82	*0.12
% of Calories											*17.6%	17.4%	56.4%	29.6%	*9.6%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/22/2024																
Lunch K-8	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	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
Green Beans, Seasoned	1/2 cup	4	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	1	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	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

\* - 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 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			603	*39	1109	*7.88	*4.18	*442.1	*4308	*24.66	*24	29.76	78.11	20.46	*7.86	*0.01
% of Calories											*15.7%	19.8%	51.8%	30.6%	*11.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/23/2024																
Lunch K-8	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	4	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
Weighted Daily Average			648	*40	968	8.56	*4.26	388.7	*4375	*30.55	*22	28.91	89.35	21.04	*5.25	*0.01
% of Calories											*13.7%	17.8%	55.2%	29.2%	*7.3%	*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

Apr 9, 2024 thru Apr 30, 2024

## 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)
Wed - 04/24/2024																
Lunch K-8	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	1	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 BLEN	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 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	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			636	*33	1102	9.04	4.50	516.9	*7558	35.07	*24	31.52	81.01	22.50	*6.35	*0.08
% of Calories											*15.3%	19.8%	50.9%	31.8%	*9.0%	*0.1%
Nutrient Guideline			600-650		1230										<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 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)
Thu - 04/25/2024																
Lunch K-8	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	50	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	50	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	150	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	200	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	200	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	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			646	*63	960	6.24	*3.39	*335.7	*7105	*14.07	*23	30.73	87.45	20.45	*6.14	*0.38
% of Calories											*14.0%	19.0%	54.1%	28.5%	*8.5%	*0.5%
Nutrient Guideline			600-650		1230										<10.00	

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**Patrick County Public Schools**

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

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 - 04/26/2024																
Lunch K-8	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	2	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	2	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	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	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			655	*40	1073	10.77	4.68	*373.2	*3806	*21.54	*22	32.70	88.73	20.17	*5.86	*0.08
% of Calories											*13.4%	20.0%	54.2%	27.7%	*8.1%	*0.1%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/29/2024																
Lunch K-8	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

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

## 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 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			600-650		1230										<10.00	

Tue - 04/30/2024																
	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)
Lunch K-8	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	2	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	3	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	3	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	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	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			638	*52	1076	*8.87	*3.23	*385.0	*2873	*23.81	*20	31.39	84.38	20.23	*6.42	*0.12
% of Calories											*12.5%	19.7%	52.9%	28.6%	*9.1%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			649	*45	1043	*8.28	*4.17	*396.8	*5488	*28.38	*23	30.75	84.11	22.31	*6.92	*0.08
											*32.0%	19.0%	51.9%	31.0%	*9.6%	*0.1%

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# Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	649		600 - 650		100%												
Cholesterol (mg)	45					Missing											
Sodium 1 (mg)	1043		1230		85%												
Sodium 1a (mg)	1043		1110		94%												
Fiber (g)	8.28					Missing											
Iron (mg)	4.17					Missing											
Calcium (mg)	396.8					Missing											
Vitamin A (IU)	5488					Missing											
Sugars (g)	23	14.23%				Missing											
Vitamin C (mg)	28.38					Missing											
Protein (g)	30.75	18.97%															
Carbohydrate (g)	84.11	51.87%															
Total Fat (g)	22.31	30.97%															
Saturated Fat (g)	6.92	9.60%	<10.00%			Missing											
Trans Fat <sup>1</sup> (g)	0.08	0.11%				Missing											

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