

# Putnam County Schools

Apr 2, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

Lunch K-12

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/02/2018															
Lunch K-12	Total														
Pizza, 4x6, WG, Smrt, Varty, Tonys	1 each	300	15	611	4.00	2.70	248.9	400	0.0	*N/A*	15.0	36.5	11.0	4.26	0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Corn, Whole Kernal, Can, Comm	1/2 cup	65	0	15	2.00	0.46	6.0	44	3.4	3	2.0	15.0	1.0	0.00	0.00
Apples, Sliced, Canned, Comm	4 oz	52	0	10	2.08	0.00	0.0	0	0.0	9	0.0	12.5	0.0	0.00	0.00
Pudding Cup, Var, Real Fresh	4 OZ	85	0	135	0.03	0.18	44.7	5	0.0	*N/A*	1.56	19.01	0.09	0.07	0.03
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Weighted Daily Average		736	*25	1442	*10.84	4.30	642.9	5859	18.36	*19	30.48	118.04	16.60	*5.78	*0.03
% of Calories										*10.3%	16.6%	64.2%	20.3%	*7.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 04/03/2018															
Lunch K-12	Total														
Salisbury Steak, Advance	portion	200	45	350	1.00	0.00	*N/A*	0	*N/A*	*N/A*	14.0	4.0	14.0	6.00	0.00
Gravy, Brown, Low Sod, Trio	1/8 cup	13	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.5	2.5	0.25	0.00	0.00
Potatoes, Mashed, Monarch	4 oz	100	0	30	0.00	0.36	20.0	0	30.0	*N/A*	3.0	21.0	0.1	0.10	0.00
Beans, Green, Canned, Comm	1/2 cup	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
Pears, Sliced, Commodity	4 oz portion	62	0	5	2.00	0.36	11.0	0	2.0	*N/A*	0.42	16.05	0.0	0.00	0.09
Roll, Wheat, 51% WG, 2 oz	2 oz servin	168	*0	*222	2.42	1.00	3.2	*0	3.4	*3	4.57	27.93	4.48	*0.61	*0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Margarine, Soft, Cup	5 gram	20	*N/A*	35	*N/A*	*N/A*	*N/A*	200	*N/A*	*N/A*	*N/A*	*N/A*	2.5	0.50	*N/A*
Weighted Daily Average		703	*50	*1009	*7.42	*1.72	*286.7	*550	*36.48	*11	*31.38	*95.98	21.71	*7.44	*0.09
% of Calories										*6.3%	*17.9%	*54.6%	27.8%	*9.5%	*0.1%
Nutrient Guideline		550-650		1230										<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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# Putnam County Schools

Apr 2, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

Lunch K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/04/2018															
Lunch K-12	Total														
Chicken Fajita	1 each	268	62	606	1.95	1.29	307.2	290	19.23	*2	22.59	18.32	11.65	6.18	*0.02
LETTUCE/TOMATO/CHEESE	1 each	64	9	234	1.47	0.56	97.8	767	9.98	*1	3.85	4.42	3.71	2.22	*0.00
SPANISH RICE	1/3 CUP	69	0	134	0.70	0.77	14.0	266	6.7	*N/A*	1.57	13.69	0.84	0.15	*N/A*
Beans, Refried, Canned, Comm	1/2 cup	110	0	140	5.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	20.0	0.0	0.00	0.00
Tortilla Chips, Plain, Tyson	1 oz	142	*N/A*	89	0.89	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.77	18.62	6.21	1.33	*N/A*
Salsa, Low Sodium, Commodity	4 oz	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.04	0.00
Mandarin Orngs,Lt-Syrp,Rykoff	4 oz	56	0	8	0.80	0.29	0.0	320	12.0	*N/A*	0.8	13.6	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Sour Cream, Ind, Glenview Farm	1 oz	61	20	51	0.00	0.00	40.5	202	0.0	*N/A*	1.01	2.03	5.06	3.04	0.00
Weighted Daily Average		935	*96	1546	*12.35	*5.44	*725.6	*2818	*53.52	*12	48.19	120.09	28.07	*13.18	*0.02
% of Calories										*5.0%	20.6%	51.4%	27.0%	*12.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/05/2018															
Lunch K-12	Total														
Corndog, Mini, Chicken, FFarms	6 each	200	25	450	3.00	1.08	80.0	0	0.0	*N/A*	7.0	22.0	9.0	2.50	0.00
Macaroni & Cheese, KR	1/2 cup	223	25	591	0.73	0.27	215.5	404	0.48	*N/A*	8.22	11.4	16.33	6.38	*0.00
Peas, Frozen, Commodity	1/2 cup	62	0	58	4.00	0.00	0.0	0	0.0	4	4.0	11.0	0.0	0.00	0.00
Fruit, Mixed, Commodity	1/2 cup	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Frozen Fruit Shape Up	2.25 oz	60	0	20	0.00	0.36	20.0	100	60.0	*N/A*	0.0	16.0	0.0	0.00	*N/A*
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Mustard, Indiv.	5.5 gm	0	*N/A*	65	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Ketchup, Indiv, Heinz, 7 gm	7 gram	10	0	75	*N/A*	*N/A*	*N/A*	100	*N/A*	*N/A*	*N/A*	2.0	0.0	0.00	*N/A*
Weighted Daily Average		740	*56	1421	*8.73	*1.71	*568.0	*954	*61.56	*23	*27.12	98.90	25.71	*9.11	*0.00
% of Calories										*12.2%	*14.7%	53.5%	31.3%	*11.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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**Putnam County Schools**

**Apr 2, 2018 thru Apr 27, 2018**

Base Menu Spreadsheet

Lunch K-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/06/2018															
Lunch K-12	Total														
Breaded Chicken on a Bun	1 each	410	*50	717	3.80	3.48	206.9	0	0.0	4	24.54	41.97	16.87	*3.50	*0.00
LETTUCE AND TOMATO	1/2 CUP	11	0	11	0.73	0.40	12.4	2428	8.56	*0	0.67	2.27	0.15	0.02	*0.00
Potato, Tater Nugget, Monarch	4 oz	227	0	453	2.67	0.48	0.0	0	6.4	0	2.67	25.33	13.33	3.33	0.00
Grapes, Fresh, USFoods	4 oz	79	0	2	1.14	0.21	0.0	0	0.69	17	1.14	20.57	0.0	0.00	0.00
Rice Crispy Bars	serving	119	1	98	0.07	2.77	0.9	502	4.46	*N/A*	0.94	22.89	2.84	0.65	*0.63
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Mayonnaise, Light, Indiv, Kraft	.44 oz	40	5	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	4.0	0.50	0.00
Ketchup, Indiv, Heinz, 7 gm	7 gram	10	0	75	*N/A*	*N/A*	*N/A*	100	*N/A*	*N/A*	*N/A*	2.0	0.0	0.00	*N/A*
Weighted Daily Average		1019	*61	1599	*8.41	*7.34	*472.7	3379	*21.18	*28	*37.86	137.53	37.57	*8.23	*0.63
% of Calories										*10.9%	*14.9%	54.0%	33.2%	*7.3%	*0.6%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/09/2018															
Lunch K-12	Total														
Pizza, Fr Bd, Variety, Tonys	serving	298	22	604	3.00	2.70	310.0	0	4.8	4	17.0	33.0	11.4	4.70	0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Corn, Whole Kernel, US Blue	4 oz	69	0	309	3.43	0.41	0.0	114	1.37	*N/A*	3.43	13.71	0.0	0.00	0.00
Pineapple, Tidbit, Rykoff-Sexton	4 oz	64	0	8	0.80	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Weighted Daily Average		665	*32	1592	*9.95	4.07	653.3	5524	21.14	*11	32.35	97.74	15.90	*6.15	*0.00
% of Calories										*6.4%	19.5%	58.8%	21.5%	*8.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 04/10/2018															
Lunch K-12	Total														
CHILI CON CARNE W/ BEANS	1/2 CUP	180	42	204	2.50	2.70	46.0	813	14.49	*N/A*	15.43	10.67	8.58	3.56	*N/A*
GRILLED CHEESE on White Whea	1 EACH	334	18	696	2.00	1.68	206.5	*720	*0.01	*N/A*	11.67	30.19	19.3	6.32	*0.00
QUICK BAKED POTATOES	1/2 EACH	128	0	58	2.59	1.31	18.0	113	11.29	*N/A*	2.94	24.72	2.34	0.35	*N/A*
CUCUMBER, RAW	4 oz	14	0	2	0.79	0.25	15.9	82	3.63	2	0.67	2.45	0.18	0.01	0.00
Fat Free Vegetable Dip	1 oz.	150	10	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	16.0	2.50	*N/A*
Strawberry Fruit Cup, Comm	4 oz	80	0	0	1.77	0.00	0.0	0	0.0	16	0.89	19.49	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Margarine, Soft, Cup	5 gram	20	*N/A*	35	*N/A*	*N/A*	*N/A*	200	*N/A*	*N/A*	*N/A*	*N/A*	2.5	0.50	*N/A*

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Apr 2, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

Lunch K-12

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1030	*75	1433	*9.66	*5.94	*538.9	*2277	*30.51	*24	*39.49	*110.02	49.28	*13.47	*0.00
% of Calories										*9.4%	*15.3%	*42.7%	43.1%	*11.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/11/2018															
Lunch K-12	Total														
Turkey Roast, Commodity	2 oz	88	30	386	0.00	0.92	2.8	0	0.0	*N/A*	12.09	1.74	3.28	1.08	*N/A*
Gravy, Poultry, Conestoga	tablespoon	25	0	140	0.00	0.00	0.0	0	0.0	1	0.0	3.0	1.0	0.00	0.00
Potatoes, Mashed, Monarch	4 oz	100	0	30	0.00	0.36	20.0	0	30.0	*N/A*	3.0	21.0	0.1	0.10	0.00
Beans, Green, Canned, Comm	1/2 cup	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
Peaches, Canned, Sliced, Comm	1/2 cup	55	0	9	0.00	0.00	0.0	0	0.0	10	0.0	12.8	0.0	0.00	0.00
Roll, Wheat, 51% WG, 2 oz	2 oz servin	168	*0	*222	2.42	1.00	3.2	*0	3.4	*3	4.57	27.93	4.48	*0.61	*0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Margarine, Soft, Cup	5 gram	20	*N/A*	35	*N/A*	*N/A*	*N/A*	200	*N/A*	*N/A*	*N/A*	*N/A*	2.5	0.50	*N/A*
Weighted Daily Average		596	*35	*1119	*4.42	*2.28	*278.5	*550	*34.48	*22	*28.55	*90.97	11.74	*2.51	*0.00
% of Calories										*14.8%	*19.2%	*61.0%	17.7%	*3.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/12/2018															
Lunch K-12	Total														
Chicken, Breaded Sticks, Tyson	8 pieces	262	22	388	2.28	1.80	40.0	100	0.0	1	14.8	16.0	14.0	2.85	0.00
Tiny Whole Potatoes	4 oz	50	0	246	1.59	0.82	44.2	0	8.62	*N/A*	1.36	11.22	0.12	0.03	0.00
Carrots, Canned, Low Sod, Comm	4 oz	18	0	140	1.20	0.48	18.0	8154	2.0	*N/A*	0.47	4.04	0.14	0.03	0.00
Applesauce, Canned, Commodity	1/2 cup	47	0	2	0.93	0.00	0.0	0	0.0	10	0.0	13.01	0.0	0.00	0.00
Breadstick, Whole Wheat, Pierr	1 each	110	*N/A*	210	3.00	1.08	250.0	0	15.0	*N/A*	4.0	21.0	1.0	*N/A*	*N/A*
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Sauces, Variety	1 each	55	2	138	0.00	0.00	0.0	0	0.34	7	0.0	7.9	2.63	0.41	0.00
Weighted Daily Average		667	*29	1281	*9.00	4.18	604.7	8604	27.04	*24	28.53	94.67	18.27	*3.54	*0.00
% of Calories										*14.7%	17.1%	56.8%	24.6%	*4.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Lunch K-12

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018															
Lunch K-12	Total														
Hotdog, Beef	1 each	290	*30	720	2.00	1.44	150.0	0	9.0	*N/A*	9.0	24.0	17.5	*7.00	*0.00
Hot Dog Sauce	1 oz	44	10	124	0.09	0.41	4.2	93	0.73	*3	3.12	3.99	1.88	0.66	*0.00
COLE SLAW	1/4 CUP	86	6	67	1.01	0.26	19.0	1101	12.3	*2	0.64	3.63	7.95	0.87	*0.00
POTATOES, CRINKLE: LAMB WE STR	1/2 CUP	87	0	17	1.33	0.48	0.0	0	4.0	*N/A*	1.33	14.67	2.67	0.67	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	8	0	8	0.59	0.17	10.7	142	20.29	0	0.64	1.51	0.08	0.01	0.00
Fat Free Vegetable Dip	1 oz.	150	10	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	16.0	2.50	*N/A*
STRAWBERRIES 'N BANANAS	1/2 CUP	230	*0	*37	2.67	0.48	21.8	63	26.29	*N/A*	1.3	57.06	*0.67	*0.14	*N/A*
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Ketchup, Indiv, Heinz, 7 gm	7 gram	10	0	75	*N/A*	*N/A*	*N/A*	100	*N/A*	*N/A*	*N/A*	2.0	0.0	0.00	*N/A*
Mustard, Indiv.	5.5 gm	0	*N/A*	65	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average		1029	*61	*1549	*7.70	*3.23	*458.2	*1849	*73.70	*12	*23.93	129.36	*47.12	*12.07	*0.00
% of Calories										*4.7%	*9.3%	50.3%	*41.2%	*10.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/16/2018															
Lunch K-12	Total														
Chicken Nuggets, Commodity	5 ea servin	184	35	400	2.00	2.00	31.0	153	95.0	0	15.0	12.0	8.0	2.00	0.00
Macaroni & Cheese, KR	1/2 cup	223	25	591	0.73	0.27	215.5	404	0.48	*N/A*	8.22	11.4	16.33	6.38	*0.00
Beans, Green, Canned, Comm	1/2 cup	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
Grapes, Fresh, USFoods	4 oz	79	0	2	1.14	0.21	0.0	0	0.69	17	1.14	20.57	0.0	0.00	0.00
Breadstick, Whole Wheat, Pierr	1 each	110	*N/A*	210	3.00	1.08	250.0	0	15.0	*N/A*	4.0	21.0	1.0	*N/A*	*N/A*
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Sauces, Variety	1 each	55	2	138	0.00	0.00	0.0	0	0.34	7	0.0	7.9	2.63	0.41	0.00
Margarine, Soft, Cup	5 gram	20	*N/A*	35	*N/A*	*N/A*	*N/A*	200	*N/A*	*N/A*	*N/A*	*N/A*	2.5	0.50	*N/A*
Weighted Daily Average		812	*68	1674	*8.87	*3.56	*749.0	*1107	*112.59	*31	*37.26	*97.38	30.84	*9.51	*0.00
% of Calories										*15.4%	*18.4%	*48.0%	34.2%	*10.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Putnam County Schools

Apr 2, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

Lunch K-12

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/17/2018															
Lunch K-12	Total														
NACHOS WITH GROUND BEEF	SERVINGS	281	42	590	2.10	1.67	277.0	410	0.4	*N/A*	17.8	19.28	15.13	6.10	*N/A*
LETTUCE AND TOMATO	1/2 CUP	11	0	11	0.73	0.40	12.4	2428	8.56	*0	0.67	2.27	0.15	0.02	*0.00
Beans, Refried, Canned, Comm	1/2 cup	110	0	140	5.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	20.0	0.0	0.00	0.00
Carrots, Baby, 1.3 oz, Comm	1.3 oz bag	15	0	20	1.00	0.36	20.0	3000	3.0	*N/A*	1.0	3.0	0.0	0.00	0.00
Fat Free Vegetable Dip	1 oz.	150	10	280	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	16.0	2.50	*N/A*
Salsa, Low Sodium, Commodity	4 oz	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.04	0.00
Pears, Sliced, Commodity	4 oz portion	62	0	5	2.00	0.36	11.0	0	2.0	*N/A*	0.42	16.05	0.0	0.00	0.09
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Taco Sauce, Ind, El Pasado	9 gm	5	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Sour Cream, Ind, Glenview Farm	1 oz	61	20	51	0.00	0.00	40.5	202	0.0	*N/A*	1.01	2.03	5.06	3.04	0.00
Weighted Daily Average		860	77	1461	*12.37	*5.32	*627.0	*7012	*19.57	*8	*37.49	94.04	36.94	*11.92	*0.09
% of Calories										*3.6%	*17.4%	43.7%	38.7%	*12.5%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/18/2018															
Lunch K-12	Total														
Pepperoni Roll, Whole Wheat	portion	357	*38	*464	2.42	1.46	412.6	*404	3.73	*3	19.31	28.94	16.31	*8.02	*0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Corn, Whole Kernel, US Blue	4 oz	69	0	309	3.43	0.41	0.0	114	1.37	*N/A*	3.43	13.71	0.0	0.00	0.00
Strawberry, Froz, Sliced, Comm	1/2 cup	90	0	0	3.00	0.00	0.0	0	0.0	17	0.0	23.0	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Marinara Sauce	1 oz	19	0	178	1.05	0.23	5.1	272	3.63	*N/A*	0.45	2.89	0.95	0.14	*N/A*
Weighted Daily Average		769	*48	*1622	*12.62	3.05	761.1	*6200	23.69	*27	35.11	103.57	21.76	*9.60	*0.00
% of Calories										*14.0%	18.3%	53.8%	25.5%	*11.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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**Putnam County Schools**

**Apr 2, 2018 thru Apr 27, 2018**

Base Menu Spreadsheet

Lunch K-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 04/19/2018</b>															
Lunch K-12	Total														
Pork BBQ on a Bun	1 serving	260	*25	417	2.80	2.04	186.9	0	0.0	*4	14.54	37.97	6.87	*2.00	*0.00
COLE SLAW	1/4 CUP	84	6	65	0.91	0.25	16.6	1069	11.02	*1	0.58	3.28	7.95	1.18	*0.00
Hashbrowns, Diced, Country, LW	4 oz	133	0	20	2.67	0.48	0.0	*N/A*	16.0	*N/A*	2.67	21.33	5.33	1.33	2.67
Beans, Green, SF, Allens	1/2 cup	25	0	0	2.00	0.72	40.0	200	1.2	*N/A*	2.0	4.0	0.0	0.00	0.00
Fruit, Mixed, Commodity	4 oz	54	0	4	0.90	0.00	0.0	0	0.0	11	0.0	13.5	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Weighted Daily Average		680	*36	664	*9.28	3.49	496.0	*1619	29.30	*22	27.68	101.58	20.53	*4.74	*2.67
% of Calories										*13.1%	16.3%	59.7%	27.2%	*6.3%	*3.5%
Nutrient Guideline		550-650		1230										<10.00	

<b>Fri - 04/20/2018</b>															
Lunch K-12	Total														
Italian Pasta Bake	6 oz	335	57	108	*1.97	4.17	633.0	4152	7.22	*0	20.92	24.15	16.22	7.02	*0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Broccoli, Froz, Commodity	1/2 cup	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Peaches, Canned, Sliced, Comm	1/2 cup	55	0	9	0.00	0.00	0.0	0	0.0	10	0.0	12.8	0.0	0.00	0.00
Garlic Texas Toast, White	Slice	155	0	303	1.14	1.17	41.2	250	0.02	2	3.26	20.13	7.01	1.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Parmesan Cheese, Indiv, PPI	1 each	15	4	50	0.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	0.0	1.0	0.50	*N/A*
Weighted Daily Average		820	*71	1164	*8.84	*6.29	1057.6	*9812	*22.20	*20	40.10	97.11	28.73	*9.97	*0.00
% of Calories										*9.8%	19.6%	47.4%	31.5%	*10.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Mon - 04/23/2018</b>															
Lunch K-12	Total														
Pizza, School Made, Rich's Crust	1 serving	341	29	785	3.91	1.26	9.1	0	2.74	4	21.08	31.77	13.27	5.71	0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Peas, Frozen, Commodity	1/2 cup	62	0	58	4.00	0.00	0.0	0	0.0	4	4.0	11.0	0.0	0.00	0.00
KIWI: 1/2 = 1/4 c	1/2	23	0	1	1.14	0.12	12.9	33	35.23	3	0.43	5.57	0.2	0.01	0.00
Sherbet, Variety, Luigi's	4 oz	120	5	35	0.00	0.00	0.0	0	0.0	*N/A*	0.0	27.0	1.5	1.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00

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# Putnam County Schools

Apr 2, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

Lunch K-12

### Portion Values - Detailed

	Portion Size	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		780	*44	1551	*11.78	2.33	365.4	5443	52.93	*18	37.43	110.37	19.47	*8.17	*0.00
% of Calories										*9.1%	19.2%	56.6%	22.5%	*9.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 04/24/2018															
Lunch K-12	Total														
Hamburger on a Bun	1 each	390	*65	260	3.00	3.60	200.0	0	0.0	*4	23.0	31.0	20.0	*7.00	*1.00
LETTUCE/TOMATO/CHEESE	1 each	64	9	234	1.47	0.56	97.8	767	9.98	*1	3.85	4.42	3.71	2.22	*0.00
Cheesy Potatoes	1/2 cup	152	*17	161	1.30	0.11	141.2	349	3.94	*0	5.33	15.5	*7.57	*3.79	*0.61
BAKED BEANS (VEGETARIAN)	SERVINGS	159	0	532	6.99	0.85	86.0	360	7.79	*N/A*	6.77	35.98	0.64	0.16	*N/A*
APPLE, MED	3/4 CUP	74	0	1	3.40	0.17	8.5	77	6.52	15	0.37	19.58	0.24	0.04	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Ketchup, Indiv, Heinz, 7 gm	7 gram	10	0	75	*N/A*	*N/A*	*N/A*	100	*N/A*	*N/A*	*N/A*	2.0	0.0	0.00	*N/A*
Mayonnaise, Ind, Red-Cal, Monarch	12 gm	40	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	4.0	0.50	0.00
Mustard, Indiv.	5.5 gm	0	*N/A*	65	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average		1013	*101	1576	*16.17	*5.28	*786.0	*2003	*29.31	*27	*47.22	130.98	*36.53	*13.93	*1.61
% of Calories										*10.6%	*18.6%	51.7%	*32.4%	*12.4%	*1.4%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/25/2018															
Lunch K-12	Total														
Spaghetti & Meat Sauce, KR	1 cup	251	53	48	2.03	1.74	6.8	26	0.08	*N/A*	17.09	11.67	14.93	6.34	*0.00
Salad, Caesar	1 cup	110	*5	514	2.72	0.96	90.8	5060	13.88	*0	4.02	13.53	4.12	*1.22	*0.00
Vegetable, Cal Blend	4 oz	37	0	43	2.44	1.76	0.0	5487	36.58	*N/A*	1.22	6.1	0.0	0.00	0.00
CANTALOUPE Fr.	4 oz	42	0	17	0.85	0.31	16.9	5078	40.62	9	0.85	10.15	0.0	0.00	0.00
Roll, Wheat, 51% WG, 2 oz	2 oz servin	168	*0	*222	2.42	1.00	3.2	*0	3.4	*3	4.57	27.93	4.48	*0.61	*0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Parmesan Cheese, Indiv, PPI	1 each	15	4	50	0.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	0.0	1.0	0.50	*N/A*
Weighted Daily Average		747	*66	*1051	*10.46	*5.76	410.3	*16000	*95.64	*19	36.64	90.87	24.92	*8.90	*0.00
% of Calories										*10.3%	19.6%	48.7%	30.0%	*10.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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**Putnam County Schools**

**Apr 2, 2018 thru Apr 27, 2018**

Base Menu Spreadsheet

Lunch K-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018															
Lunch K-12	Total														
Turkey & Cheese on a Bun	1 each	247	*37	743	2.80	2.32	335.0	160	0.0	*4	17.46	31.92	6.6	*2.56	*0.16
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	0.00
POTATOES, WEDGES: LAMB W ESTON	1/2 CUP	173	7	280	2.67	0.96	0.0	*N/A*	16.0	*N/A*	2.67	24.0	8.0	3.33	0.00
Applesauce, Canned, Commodity	1/2 cup	47	0	2	0.93	0.00	0.0	0	0.0	10	0.0	13.01	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Mayonnaise,Ind,Red-Cal,Monarch	12 gm	40	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	4.0	0.50	0.00
Ketchup, Indiv, Heinz, 7 gm	7 gram	10	0	75	*N/A*	*N/A*	*N/A*	100	*N/A*	*N/A*	*N/A*	2.0	0.0	0.00	*N/A*
Weighted Daily Average		647	*54	1348	*6.76	*3.37	*590.9	*840	*20.59	*22	*28.29	94.54	19.03	*6.63	*0.16
% of Calories										*13.4%	*17.5%	58.4%	26.5%	*9.2%	*0.2%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/27/2018															
Lunch K-12	Total														
Chicken Nachos	2 oz portion	253	*45	254	1.05	*0.31	*2.5	*9	*3.92	*0	15.59	20.75	11.48	3.65	*0.00
LETTUCE AND TOMATO	1/2 CUP	11	0	11	0.73	0.40	12.4	2428	8.56	*0	0.67	2.27	0.15	0.02	*0.00
SPANISH RICE	1/3 CUP	69	0	134	0.70	0.77	14.0	266	6.7	*N/A*	1.57	13.69	0.84	0.15	*N/A*
Beans, Refried, Canned, Comm	1/2 cup	110	0	140	5.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	20.0	0.0	0.00	0.00
Salsa, Low Sodium, Commodity	4 oz	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.04	0.00
Mandarin Orngs,Lt-Syrp,Rykoff	4 oz	56	0	8	0.80	0.29	0.0	320	12.0	*N/A*	0.8	13.6	0.0	0.00	0.00
MILK, Variety, United Dairy	HALF PINT	124	5	157	*0.00	0.00	252.5	350	1.08	*7	7.9	21.5	0.37	*0.22	0.00
Sour Cream, Ind, Glenview Farm	1 oz	61	20	51	0.00	0.00	40.5	202	0.0	*N/A*	1.01	2.03	5.06	3.04	0.00
Weighted Daily Average		725	*71	881	*9.81	*4.30	*335.5	*4198	*36.79	*8	36.24	101.75	18.12	*7.12	*0.00
% of Calories										*4.3%	20.0%	56.1%	22.5%	*8.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		799	*58	*1349	*9.77	*4.15	*570.4	*4330	*41.03	*19	*34.57	*105.77	*26.44	*8.60	*0.27
										*21.8%	*17.3%	*53.0%	*29.8%	*9.7%	*0.3%

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# Putnam County Schools

Apr 2, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

Lunch K-12

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	799		550 - 650		123%				149								Correction Required - Calories too High
Cholesterol (mg)	58					Missing											
Sodium (mg)	1349		1230			Missing			119								Correction Required - Sodium too High
Fiber (g)	9.77					Missing											
Iron (mg)	4.15					Missing											
Calcium (mg)	570.4					Missing											
Vitamin A (IU)	4330					Missing											
Sugars (g)	19	9.69%				Missing											
Vitamin C (mg)	41.03					Missing											
Protein (g)	34.57	17.31%				Missing											
Carbohydrate (g)	105.77	52.97%				Missing											
Total Fat (g)	26.44	29.79%				Missing											
Saturated Fat (g)	8.60	9.69%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.27	0.30%				Missing											

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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