

Putnam County Schools

Mar 1, 2018 thru Mar 30, 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 ¹ (g)
Thu - 03/01/2018															
Lunch K-12	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/02/2018															
Lunch K-12	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/05/2018															
Lunch K-12	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/06/2018															
Lunch K-12	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/07/2018															
Lunch K-12	Total														
COOK'S CHOICE	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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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 ¹ (g)
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 03/08/2018															
Lunch K-12 COOK'S CHOICE	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 03/09/2018															
Lunch K-12 COOK'S CHOICE	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 03/12/2018															
Lunch K-12	Total														
Corndog, Chicken WG, Fost Farm	4 oz	240	40	390	5.00	1.80	0.0	0	4.8	5	9.0	30.0	8.0	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
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
Raw Carrots/Celery Sticks	6 oz	2	0	6	0.19	0.02	3.1	730	0.38	0	0.07	0.53	0.02	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*
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
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 % of Calories		830	*81	1573	*7.92	*2.81	*511.1	*1784	*7.94	*22	*27.19	83.24	40.73	*11.61	*0.00
Nutrient Guideline		550-650		1230						*10.6%	*13.1%	40.1%	44.1%	*12.6%	*0.0%

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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 ¹ (g)
Tue - 03/13/2018															
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
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*
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*
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
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*
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		889	*63	1583	*15.52	*5.24	*678.0	1378	*130.51	*23	*37.62	*138.14	22.55	*6.67	*0.00
% of Calories										*10.6%	*16.9%	*62.2%	22.8%	*6.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/14/2018															
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, 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
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
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		730	*50	*864	*7.19	*2.08	*315.7	*750	*35.68	*26	*32.85	*100.42	21.71	*7.44	*0.00
% of Calories										*14.2%	*18.0%	*55.0%	26.8%	*9.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	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 ¹ (g)
Thu - 03/15/2018															
Lunch K-12	Total														
Ham & Cheese on a Bun	1 each	227	*28	528	2.80	1.99	*290.5	*56	*0.0	*4	18.03	30.17	4.54	*1.35	*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
Beans, Pinto, Canned, Comm	4 oz	98	0	140	6.00	0.00	0.0	0	0.0	1	6.0	18.0	1.0	0.00	0.00
Potato, FF, Wedge, Seasoned, L	4 oz	107	0	40	2.67	0.00	0.0	0	3.2	*N/A*	2.67	20.0	2.0	0.00	0.00
Peas, Canned, Commodity	1/2 cup	59	0	140	4.00	0.00	0.0	0	0.0	4	4.0	11.0	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
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		738	*38	1186	*18.20	*2.75	*566.4	*2934	*14.84	*16	*39.68	121.99	12.06	*2.10	*0.09
% of Calories										*8.4%	*21.5%	66.1%	14.7%	*2.6%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/16/2018															
Lunch K-12	Total														
Eggs, Scrambled, Papettis	2 oz	57	99	193	0.00	0.41	22.7	113	*N/A*	*N/A*	5.67	1.7	3.4	0.85	0.00
HAM	2 OZ	117	40	891	0.00	0.65	0.0	0	0.0	*N/A*	*N/A*	0.9	7.2	2.70	*N/A*
Sausage, Patty, Raw, Jimmy Dea	1 each	220	40	290	0.00	0.00	0.0	0	0.0	*N/A*	7.0	0.0	21.0	7.00	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
Apples, Sliced, Can, Commodity	1/2 cup	50	0	10	2.00	0.00	0.0	0	0.0	9	0.0	12.0	0.0	0.00	0.00
Biscuit, Dough, WG, Pillsbury	1 each	184	0	438	1.75	0.95	0.0	0	5.26	*N/A*	4.38	24.54	7.89	3.94	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*
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		916	*185	2109	*6.42	*2.48	*275.2	*763	*22.34	*16	*27.61	*83.98	47.70	*16.55	*2.67
% of Calories										*6.8%	*12.1%	*36.7%	46.9%	*16.3%	*2.6%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Mon - 03/19/2018															
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
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,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
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
Chex Mix, Straw Yogurt, Gen Mi	1 each	110	0	50	2.00	0.00	0.0	0	0.0	*N/A*	2.0	21.0	3.0	1.50	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
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		739	29	768	*8.28	3.24	363.5	650	34.62	*14	30.12	107.45	20.11	*5.08	0.09
% of Calories										*7.7%	16.3%	58.2%	24.5%	*6.2%	0.1%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/20/2018															
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
Potato, FF, Wedge, Seasoned, L	4 oz	107	0	40	2.67	0.00	0.0	0	3.2	*N/A*	2.67	20.0	2.0	0.00	0.00
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*
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
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		862	*51	1797	*13.61	*3.26	*528.6	*7082	*74.72	*21	*30.94	121.26	30.34	*8.91	*0.00
% of Calories										*9.7%	*14.3%	56.2%	31.7%	*9.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 03/21/2018															
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
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
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		739	*66	1117	*9.26	*5.62	431.4	*11172	*51.64	*19	34.49	85.93	27.44	*9.29	*0.00
% of Calories										*10.2%	18.7%	46.5%	33.4%	*11.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/22/2018															
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
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
Yogurt, Variety, Trix	4 oz	100	*N/A*	50	*0.00	0.00	66.7	333	0.0	*N/A*	3.0	20.0	0.5	0.50	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		755	*36	714	*7.28	2.77	522.6	*1752	28.10	*22	28.68	117.58	21.03	*5.24	*2.67
% of Calories										*11.8%	15.2%	62.3%	25.1%	*6.2%	*3.2%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/23/2018															
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
Peas, Canned, Commodity	1/2 cup	59	0	140	4.00	0.00	0.0	0	0.0	4	4.0	11.0	0.0	0.00	0.00
KIWI: 1 ea. (1/2 c)	1	46	0	2	2.28	0.24	25.8	66	70.45	7	0.87	11.14	0.4	0.02	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*

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Putnam County Schools

Mar 1, 2018 thru Mar 30, 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 ¹ (g)
Weighted Daily Average		716	*48	*1456	*12.47	2.88	786.9	*6152	92.77	*21	36.55	89.00	22.15	*9.63	*0.00
% of Calories										*11.6%	20.4%	49.7%	27.8%	*12.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/26/2018															
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
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
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
Pudding Cup, Choc, Real Fresh	1 serving	130	*N/A*	170	1.00	1.44	100.0	*N/A*	*N/A*	*N/A*	1.0	22.0	4.0	1.00	1.50
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		810	*39	1651	*11.78	3.86	452.5	*5410	*18.39	*29	38.14	114.37	21.77	*8.15	*1.50
% of Calories										*14.1%	18.8%	56.5%	24.2%	*9.1%	*1.7%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/27/2018															
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
Carrots, Canned, Monarch	4 oz	28	0	350	1.89	0.34	18.9	4725	0.0	4	0.94	5.67	0.0	0.00	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,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		897	*60	1850	*10.02	*4.70	*490.7	7603	*16.04	*25	*36.72	112.75	34.72	*7.58	*0.00
% of Calories										*11.0%	*16.4%	50.3%	34.8%	*7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Mar 1, 2018 thru Mar 30, 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 ¹ (g)
Wed - 03/28/2018															
Lunch K-12	Total														
Beef Pot Roast	3 oz	210	55	580	0.00	2.70	*N/A*	*N/A*	*N/A*	*N/A*	28.0	1.0	11.0	*N/A*	*N/A*
Gravy, Brown, Low Sod, Trio	1/4 cup	25	0	140	0.00	0.00	0.0	0	0.0	*N/A*	1.0	5.0	0.5	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
Fruit, Fresh, Assorted	1/2 c. serv	78	0	1	2.24	0.13	12.4	50	31.45	*N/A*	0.74	20.54	0.0	0.00	0.00
Cake w/Frosting	piece	250	31	197	0.80	1.32	29.4	35	0.03	26	2.07	34.89	12.15	2.83	*0.42
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 % of Calories		991	*91	*1502	*7.45	*5.51	*317.6	*635	*65.96	*37 *15.0%	*48.28 *19.5%	*134.85 *54.4%	31.11 28.2%	*4.27 *3.9%	*0.42 *0.4%
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 ¹ (g)
Thu - 03/29/2018															
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
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
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
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
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 % of Calories		754	67	1179	*12.17	*5.34	*602.0	*4376	*29.97	*11 *5.7%	38.87 20.6%	102.59 54.4%	21.94 26.2%	*9.42 *11.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Mar 1, 2018 thru Mar 30, 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 ¹ (g)
Fri - 03/30/2018															
Lunch K-12															
	Total														
	1 CUP	86	14	282	1.80	1.26	39.0	1918	11.49	*N/A*	6.08	8.97	3.21	1.29	*N/A*
	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
	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*
	6 oz	2	0	6	0.19	0.02	3.1	730	0.38	0	0.07	0.53	0.02	0.00	0.00
	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*
	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
	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
	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		940	68	1535	*7.48	*4.27	*559.6	*4033	*24.26	*18	*29.67	102.43	46.30	*13.72	*0.00
% of Calories										*7.5%	*12.6%	43.6%	44.4%	*13.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		820	*65	*1392	*10.34	*3.79	*493.4	*3765	*43.19	*21	*34.49	*107.73	28.11	*8.38	*0.50
										*23.3%	*16.8%	*52.5%	30.8%	*9.2%	*0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	820		550 - 650	126%			170	Correction Required - Calories too High
Cholesterol (mg)	65				Missing			
Sodium (mg)	1392		1230		Missing		162	Correction Required - Sodium too High
Fiber (g)	10.34				Missing			
Iron (mg)	3.79				Missing			
Calcium (mg)	493.4				Missing			
Vitamin A (IU)	3765				Missing			
Sugars (g)	21	10.35%			Missing			
Vitamin C (mg)	43.19				Missing			
Protein (g)	34.49	16.82%			Missing			
Carbohydrate (g)	107.73	52.52%			Missing			
Total Fat (g)	28.11	30.84%						
Saturated Fat (g)	8.38	9.19%	<10.00%		Missing			
Trans Fat ¹ (g)	0.50	0.54%			Missing			

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