

Putnam County Schools

Feb 1, 2018 thru Mar 2, 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)
Thu - 02/01/2018															
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
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
Broccoli,Florets,Froz,USFoods	4 oz servin	34	0	27	2.73	0.49	27.3	683	40.98	*N/A*	2.73	5.46	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
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		549	*30	796	*9.33	*2.05	*359.8	*1133	*58.06	*17	*20.30	85.31	14.71	*4.06	*2.67
% of Calories										*12.2%	*14.8%	62.1%	24.1%	*6.6%	*4.4%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 02/02/2018															
Lunch K-12	Total														
Steak & Cheese on Hoagie Bun	1 each	529	85	482	5.84	4.67	343.7	156	11.81	*0	32.52	37.2	26.57	11.04	*0.00
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
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
Kiwi Fruit, Fresh, USFoods	4 oz	72	0	0	3.20	0.29	32.0	80	115.2	10	0.8	16.0	0.8	0.00	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
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		1008	101	876	*12.06	*5.04	*631.5	916	*134.80	*18	*44.15	125.81	35.30	*12.77	*0.00
% of Calories										*7.2%	*17.5%	49.9%	31.5%	*11.4%	*0.0%
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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Feb 1, 2018 thru Mar 2, 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)
Mon - 02/05/2018															
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	

Tue - 02/06/2018															
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/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
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
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		924	*80	1190	*11.65	*4.17	*420.9	*2218	*26.21	*21	40.40	123.92	27.89	*10.65	*0.00
% of Calories										*9.1%	17.5%	53.7%	27.2%	*10.4%	*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)	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 - 02/07/2018															
Lunch K-12	Total														
CHICKEN NOODLE SOUP	1 CUP	98	26	207	0.69	0.86	26.0	33	1.69	*N/A*	7.31	12.19	2.16	0.53	*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
Potato, FF, Crinkle, LW	4 oz	173	0	360	2.67	0.96	0.0	0	8.0	0	2.67	29.33	5.33	1.33	0.00
Raw Carrots/Celery Sticks	4 oz	2	0	4	0.12	0.01	2.1	486	0.26	0	0.05	0.36	0.01	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*
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
Cracker, Unsalted Top, Nabisco	1 pack	25	0	53	0.00	0.36	10.0	0	0.0	*N/A*	0.5	4.5	0.5	0.00	0.00
Weighted Daily Average		949	59	1774	*6.33	*4.18	*514.0	*6666	*51.66	*16	*30.94	109.22	43.68	*10.91	*0.00
% of Calories										*6.8%	*13.0%	46.1%	41.4%	*10.4%	*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 ¹ (g)
Thu - 02/08/2018															
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
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
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
Orange, Fresh, USFoods	4 oz	58	0	0	2.18	0.00	43.6	73	56.73	10	0.73	13.82	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
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		818	68	1394	*10.91	2.27	542.7	980	153.63	*27	37.85	98.62	30.34	*10.51	*0.00
% of Calories										*13.4%	18.5%	48.3%	33.4%	*11.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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)
Fri - 02/09/2018															
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
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*
Carrots, Sliced, Frozen, Monar	4 oz	47	0	80	2.67	0.00	26.7	4000	1.6	*N/A*	1.33	9.33	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
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		882	*84	1021	*10.88	*5.67	*595.0	*5330	*24.64	*29	*40.16	114.54	30.43	*10.29	*1.00
% of Calories										*13.3%	*18.2%	52.0%	31.1%	*10.5%	*1.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 02/12/2018															
Lunch K-12	Total														
Flatbread Pizza, School Made	1 serving	362	44	800	2.51	14.18	4464.7	27466	0.97	*2	21.17	29.73	17.29	8.08	*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, WK, Can, Commodity	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
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
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		801	*54	1630	*7.26	15.77	4858.7	32925	19.34	*22	36.65	111.57	22.88	*9.61	*0.03
% of Calories										*10.8%	18.3%	55.7%	25.7%	*10.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Tue - 02/13/2018															
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/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
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
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
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
Cookie, Dough Choc Chip, Del E	1 oz	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	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
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		902	82	1769	*15.48	*7.87	*681.4	*2967	*17.37	*27	43.69	119.87	28.00	*12.62	*0.00
% of Calories										*12.1%	19.4%	53.2%	28.0%	*12.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 02/14/2018															
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
Broccoli,Florets,Froz,USFoods	4 oz servin	34	0	27	2.73	0.49	27.3	683	40.98	*N/A*	2.73	5.46	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
Gelatin, Red	4 oz	70	*N/A*	85	*N/A*	0.36	40.0	*N/A*	30.0	*N/A*	1.0	17.0	*N/A*	*N/A*	*N/A*
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		852	*66	*1104	*11.68	*4.55	460.7	*6118	*89.42	*26	39.19	116.57	*24.92	*8.90	*0.00
% of Calories										*12.2%	18.4%	54.7%	*26.3%	*9.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Feb 1, 2018 thru Mar 2, 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 - 02/15/2018															
Lunch K-12	Total														
Chicken, Grilled, on Bun, Zart	1 each	370	*80	520	3.00	2.88	220.0	0	0.0	5	33.0	32.0	12.0	*3.00	*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
PEPPERS, MIXED RED & GREEN STR	4 oz	21	0	0	0.00	0.35	6.8	212	49.21	*N/A*	0.0	3.52	0.0	0.00	*N/A*
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*
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
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		1009	*100	1595	*7.19	*4.39	*491.7	*3410	*77.24	*12	*45.03	102.23	45.85	*9.58	*0.00
% of Calories										*4.7%	*17.8%	40.5%	40.9%	*8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 02/16/2018															
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
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 - 02/19/2018															
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, 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
Apples, Sliced, 2 oz, Commodity	2 oz bag	30	0	0	1.00	0.00	0.0	0	72.0	*N/A*	0.0	8.0	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
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		756	*29	*1076	*7.70	*3.16	*315.7	*450	*106.82	*19	31.26	105.33	21.59	*4.19	*0.00
% of Calories										*9.9%	16.5%	55.7%	25.7%	*5.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Feb 1, 2018 thru Mar 2, 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)
Tue - 02/20/2018															
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
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
TANGELO	1	39	0	2	*N/A*	0.20	27.0	*N/A*	26.0	*N/A*	0.49	9.2	0.1	*N/A*	*N/A*
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		815	*71	1177	*8.27	*8.25	1084.6	*15299	*84.78	*9	38.81	94.60	28.84	*9.97	*0.00
% of Calories										*4.4%	19.1%	46.5%	31.9%	*11.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 02/21/2018															
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*
Breadstick, Mozz, WG, Gilardi	1 each	210	20	360	3.00	1.80	200.0	200	0.0	1	9.0	27.0	7.0	4.00	0.00
Potato, Baked, Russet, 100 ct	1 each	79	0	5	1.30	0.90	10.0	0	6.0	*N/A*	2.1	18.07	0.08	0.02	0.00
BROCCOLI, Fresh	1/4 CUP	16	0	15	1.20	0.34	21.8	288	41.29	1	1.31	3.07	0.17	0.02	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*
Blueberries, Frozen, Commodity	1/2 cup	40	0	2	3.00	0.00	0.0	0	0.0	7	0.0	10.0	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
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		880	*97	1109	*11.00	*5.74	*570.7	*2054	*62.86	*15	*36.74	*93.34	39.77	*13.86	*0.00
% of Calories										*7.0%	*16.7%	*42.4%	40.7%	*14.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Feb 1, 2018 thru Mar 2, 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)
Thu - 02/22/2018															
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
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
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		713	*51	1258	*7.86	*2.11	*425.7	*1644	*26.31	*21	*23.32	87.62	29.70	*8.75	*0.00
% of Calories										*11.8%	*13.1%	49.1%	37.5%	*11.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 02/23/2018															
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
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
BANANA, SMALL: 1/2c (150's)	1 EACH	130	0	1	3.40	0.44	8.5	115	12.9	*N/A*	1.46	33.21	0.68	0.26	*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
Weighted Daily Average		849	*25	1397	*12.19	7.33	607.7	6470	35.72	*10	31.32	142.63	20.03	*6.62	*0.63
% of Calories										*4.5%	14.8%	67.2%	21.2%	*7.0%	*0.7%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Feb 1, 2018 thru Mar 2, 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)
Mon - 02/26/2018															
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, FF, Crinkle, LW	4 oz	173	0	360	2.67	0.96	0.0	0	8.0	0	2.67	29.33	5.33	1.33	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
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
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		891	*60	1553	*12.00	*4.84	*471.8	2878	*17.64	*15	*39.78	125.07	26.72	*5.58	*0.00
% of Calories										*6.5%	*17.9%	56.1%	27.0%	*5.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 02/27/2018															
Lunch K-12	Total														
BEEF TACO	2 EACH	299	46	253	2.99	2.43	200.0	600	8.2	*N/A*	18.25	20.35	16.36	5.80	*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
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
Salsa, Low Sodium, Commodity	2 oz	20	0	64	0.77	1.27	6.8	311	2.27	*N/A*	0.85	3.96	0.11	0.02	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
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
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		768	76	670	*8.49	4.91	529.2	3935	25.50	*10	31.10	109.16	24.56	*10.10	*0.09
% of Calories										*5.1%	16.2%	56.9%	28.8%	*11.8%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

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Feb 1, 2018 thru Mar 2, 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 - 02/28/2018															
Lunch K-12	Total														
Pepperoni Roll, Whole Wheat	1 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
Broccoli,Florets,Froz,USFoods	4 oz servin	34	0	27	2.73	0.49	27.3	683	40.98	*N/A*	2.73	5.46	0.0	0.00	0.00
Sauce, Cheese Cheddar, Can, HV	1 oz servin	36	0	254	0.00	0.00	30.0	0	0.0	0	0.45	3.18	2.7	0.68	0.90
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
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		761	*48	*1595	*10.69	3.13	818.4	*6769	63.29	*26	35.75	94.99	24.46	*10.28	*0.90
% of Calories										*13.6%	18.8%	49.9%	28.9%	*12.2%	*1.1%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/01/2018															
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
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*
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
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
Weighted Daily Average		788	*64	1690	*12.45	3.36	818.1	1450	16.32	*23	37.72	122.01	*19.24	*7.24	*0.77
% of Calories										*11.9%	19.1%	61.9%	*22.0%	*8.3%	*0.9%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/02/2018															
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
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	

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.

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Putnam County Schools

Feb 1, 2018 thru Mar 2, 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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		841	*72	*1339	*9.99	*5.06	*773.7	*5219	*55.70	*19 *20.2%	*35.59 *16.9%	*108.32 *51.5%	*29.33 *31.4%	*9.65 *10.3%	*0.44 *0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	841		550 - 650	129%			191	Correction Required - Calories too High
Cholesterol (mg)	72				Missing			
Sodium (mg)	1339		1230		Missing		109	Correction Required - Sodium too High
Fiber (g)	9.99				Missing			
Iron (mg)	5.06				Missing			
Calcium (mg)	773.7				Missing			
Vitamin A (IU)	5219				Missing			
Sugars (g)	19	9.00%			Missing			
Vitamin C (mg)	55.70				Missing			
Protein (g)	35.59	16.92%			Missing			
Carbohydrate (g)	108.32	51.50%			Missing			
Total Fat (g)	29.33	31.37%			Missing			
Saturated Fat (g)	9.65	10.32%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.44	0.47%			Missing			

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