

Putnam County Schools

Jan 1, 2018 thru Jan 31, 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 - 01/01/2018															
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	

	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 - 01/02/2018															
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
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
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
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*
Weighted Daily Average		737	*42	1020	*12.60	*3.56	*533.5	*703	*127.42	*27	*33.57	*107.75	19.84	*4.46	*2.67
% of Calories										*14.9%	*18.2%	*58.5%	24.2%	*5.5%	*3.3%
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)
Wed - 01/03/2018															
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, 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
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		704	*50	*869	*6.32	*2.08	*315.7	*750	*35.68	*21	*31.96	*94.43	21.71	*7.44	*0.00
% of Calories										*11.8%	*18.2%	*53.7%	27.8%	*9.5%	*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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Putnam County Schools

Jan 1, 2018 thru Jan 31, 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 - 01/04/2018															
Lunch K-12	Total														
Pizza, Wedge, Variety	1 Each	285	15	571	4.01	3.15	275.5	451	0.0	10	15.52	35.55	10.02	3.51	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
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
Cracker, Graham Cinn Scooby Doo	serving	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	4.0	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
Weighted Daily Average		750	*25	1401	*13.57	6.76	727.3	11924	58.07	*31	31.03	117.25	18.76	*5.99	*0.00
% of Calories										*16.5%	16.5%	62.5%	22.5%	*7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/05/2018															
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
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	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
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		752	71	778	*12.29	*4.84	*518.2	*4255	*35.50	*11	38.48	99.71	23.06	*9.10	*0.00
% of Calories										*5.8%	20.5%	53.1%	27.6%	*10.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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)
Mon - 01/08/2018															
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 - 01/09/2018															
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
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
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		766	*66	*1027	*10.70	*4.19	420.7	*6118	*59.42	*10	37.31	96.08	24.92	*8.90	*0.00
% of Calories										*5.2%	19.5%	50.2%	29.3%	*10.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/10/2018															
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	

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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)
Thu - 01/11/2018															
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
BEANS, PINTO	1/2 CUP	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	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
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		791	*71	1428	*15.42	*3.86	*507.3	*854	*7.04	*23	*33.83	103.12	25.26	*9.22	*0.00
% of Calories										*11.6%	*17.1%	52.1%	28.7%	*10.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/12/2018															
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
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
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		709	*48	*1454	*9.16	3.12	779.1	*14240	24.32	*26	33.04	90.38	21.90	*9.63	*0.00
% of Calories										*14.6%	18.7%	51.0%	27.8%	*12.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/15/2018															
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	

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Tue - 01/16/2018															
Lunch K-12	Total														
CHICKEN & NOODLES	1 CUP	236	76	916	0.96	1.90	22.9	841	1.17	*1	20.99	21.47	6.9	2.44	*0.07
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
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
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		639	*81	*1366	*6.91	*3.68	*305.9	*2394	*58.63	*11	*36.99	*89.96	14.26	*3.78	*0.07
% of Calories										*6.6%	*23.2%	*56.3%	20.1%	*5.3%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/17/2018															
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
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
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
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
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		877	55	1720	*9.15	*3.24	*549.2	*1104	*1.92	*24	35.18	89.93	40.35	*10.87	*0.00
% of Calories										*11.1%	16.1%	41.0%	41.4%	*11.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/18/2018															
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
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
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

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Putnam County Schools

Jan 1, 2018 thru Jan 31, 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)
Weighted Daily Average		715	*32	1608	*10.05	4.43	673.3	5624	81.14	*21	32.35	111.24	15.90	*6.15	*0.00
% of Calories										*12.0%	18.1%	62.2%	20.0%	*7.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/19/2018															
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, French Fry, Crinkle, S	4 oz	160	0	20	1.33	0.48	13.3	0	6.4	*N/A*	2.67	24.01	6.0	1.33	2.00
Bean, Baked w/Brown Sugar, All	4 oz	150	0	350	8.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	1.0	0.00	0.00
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		1094	*51	*1614	*15.11	*4.87	*500.8	*1707	*55.81	*12	*30.62	165.20	*35.38	*10.23	*2.00
% of Calories										*4.3%	*11.2%	60.4%	*29.1%	*8.4%	*1.6%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/22/2018															
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
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
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
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		868	*96	1404	*13.04	*4.38	*755.2	*2305	*91.55	*22	46.55	106.62	27.23	*13.03	*0.02
% of Calories										*10.0%	21.5%	49.1%	28.2%	*13.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Jan 1, 2018 thru Jan 31, 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)
Tue - 01/23/2018															
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
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
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
Sun Chip, Multigrain, Cheddar	serving	140	0	210	2.00	0.36	0.0	0	0.0	2	2.0	18.0	6.0	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,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		670	*47	1351	*9.16	2.77	590.9	740	4.59	*27	31.62	97.33	17.03	*4.29	*0.16
% of Calories										*16.4%	18.9%	58.1%	22.9%	*5.8%	*0.2%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/24/2018															
Lunch K-12	Total														
Pizza,School Made,Rich's Crust	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
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
Weighted Daily Average		649	*39	1480	*10.57	2.21	352.5	5410	17.71	*22	36.00	84.81	17.77	*7.15	*0.00
% of Calories										*13.4%	22.2%	52.3%	24.7%	*9.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/25/2018															
Lunch K-12	Total														
Pork BBQ on a Bun	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
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
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
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
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

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Putnam County Schools

Jan 1, 2018 thru Jan 31, 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)
Weighted Daily Average		800	*56	788	*7.18	2.29	563.1	1955	15.30	*11	29.70	120.77	22.76	*6.95	*0.00
% of Calories										*5.7%	14.9%	60.4%	25.6%	*7.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/26/2018															
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*
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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
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		930	*84	1075	*9.73	*5.91	*618.0	*1400	*31.14	*24	*40.35	126.72	30.85	*10.48	*1.03
% of Calories										*10.5%	*17.3%	54.5%	29.8%	*10.1%	*1.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/29/2018															
Lunch K-12	Total														
Chicken, Strip, Breaded, Advan	3 pieces	220	35	550	1.00	0.72	20.0	100	1.2	*N/A*	12.0	13.0	13.0	3.50	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
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
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
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		769	*42	*1141	*6.22	*3.09	*335.7	*1170	*49.22	*17	*30.26	*108.93	23.09	*5.34	*0.00
% of Calories										*8.6%	*15.7%	*56.7%	27.0%	*6.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Putnam County Schools

Jan 1, 2018 thru Jan 31, 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)
Tue - 01/30/2018															
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
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
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*
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
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
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		739	67	1461	*9.64	5.99	610.0	4393	23.33	*24	35.22	101.96	21.77	*9.57	*0.00
% of Calories										*13.0%	19.1%	55.2%	26.5%	*11.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/31/2018															
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
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
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
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		860	*86	1153	*7.80	*5.64	*566.5	*2285	*23.59	*7	*38.53	*98.51	35.89	*13.66	*0.09
% of Calories										*3.1%	*17.9%	*45.8%	37.6%	*14.3%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		787	*65	*1312	*10.05	*3.97	*524.9	*3505	*41.19	*19	*34.51	*104.73	*25.27	*8.64	*0.44
										*22.1%	*17.5%	*53.3%	*28.9%	*9.9%	*0.5%

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

Jan 1, 2018 thru Jan 31, 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 ¹ (g)	Error Messages (if any)
Calories	787		550 - 650		121%				137								Correction Required - Calories too High
Cholesterol (mg)	65					Missing				82							Correction Required - Sodium too High
Sodium (mg)	1312		1230			Missing											
Fiber (g)	10.05					Missing											
Iron (mg)	3.97					Missing											
Calcium (mg)	524.9					Missing											
Vitamin A (IU)	3505					Missing											
Sugars (g)	19	9.82%				Missing											
Vitamin C (mg)	41.19					Missing											
Protein (g)	34.51	17.55%				Missing											
Carbohydrate (g)	104.73	53.25%				Missing											
Total Fat (g)	25.27	28.91%				Missing											
Saturated Fat (g)	8.64	9.88%	<10.00%			Missing											
Trans Fat ¹ (g)	0.44	0.50%				Missing											

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