

# Putnam County Schools

Apr 30, 2018 thru Jun 4, 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 - 04/30/2018															
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
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
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		688	*50	*1006	*6.35	*1.36	*275.7	*550	*34.48	*21	*30.96	*92.94	21.71	*7.44	*0.00
% of Calories										*12.3%	*18.0%	*54.0%	28.4%	*9.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/01/2018															
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
PINTO BEANS: cooked	1/2 CUP	245	0	2	15.39	3.57	78.7	0	1.37	1	15.41	44.84	1.11	0.23	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
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
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		921	*56	1360	*21.30	*5.28	*690.3	*1027	*119.66	*17	*39.26	131.56	26.82	*9.34	*0.00
% of Calories										*7.5%	*17.1%	57.2%	26.2%	*9.1%	*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

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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 <sup>1</sup> (g)
Wed - 05/02/2018															
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
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	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
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		855	*71	1195	*10.74	*6.29	1057.6	*9812	*22.20	*24	41.10	103.80	28.73	*9.97	*0.00
% of Calories										*11.1%	19.2%	48.6%	30.2%	*10.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/03/2018															
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
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
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
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
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
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
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		767	34	1006	*7.95	*5.46	*310.5	*9204	*19.42	*22	*26.84	105.78	25.98	*5.84	*2.67
% of Calories										*11.6%	*14.0%	55.1%	30.5%	*6.9%	*3.1%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 05/04/2018															
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
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
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

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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 <sup>1</sup> (g)
Weighted Daily Average		686	*39	1782	*10.91	2.93	369.4	10601	59.70	*20	37.27	90.67	17.77	*7.15	*0.00
% of Calories										*11.5%	21.7%	52.9%	23.3%	*9.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 05/07/2018															
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
RICE, WILD	1/2 CUP	91	0	2	1.57	0.51	5.3	5	0.0	*N/A*	3.73	19.03	0.28	0.04	*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
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
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		780	96	1195	*12.00	*2.71	*714.3	*1615	*32.29	*12	46.50	101.34	21.08	*11.71	*0.11
% of Calories										*5.9%	23.9%	52.0%	24.3%	*13.5%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/08/2018															
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 - 05/09/2018															
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
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
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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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		692	*48	*1345	*9.19	2.64	761.1	*6086	22.32	*21	34.68	84.66	21.76	*9.60	*0.00
% of Calories										*12.2%	20.1%	49.0%	28.3%	*12.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/10/2018															
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
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*
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		770	*60	1105	*8.05	*5.19	*489.8	2991	*20.93	*21	*36.05	106.47	23.73	*4.59	*0.00
% of Calories										*10.8%	*18.7%	55.3%	27.7%	*5.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 05/11/2018															
Lunch K-12	Total														
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, 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, 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*
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
WATERMELON, Fresh	1/2 cup	43	0	1	0.57	0.34	9.9	807	11.48	9	0.86	10.7	0.21	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
Weighted Daily Average		993	*33	1658	*6.23	*2.86	*555.6	*5209	*21.98	*15	*27.10	111.73	49.72	*12.90	*0.00
% of Calories										*6.2%	*10.9%	45.0%	45.1%	*11.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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)
Mon - 05/14/2018															
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
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
Celery Sticks,Bags,1.6 oz,Comm	1.6 oz bag	5	0	35	1.00	0.36	20.0	200	1.2	*N/A*	0.0	1.0	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*
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		868	*64	1849	*11.13	*15.49	*4828.0	*33076	*17.14	*23	*37.09	91.25	37.79	*12.03	*0.00
% of Calories										*10.8%	*17.1%	42.1%	39.2%	*12.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/15/2018															
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
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
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*
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		1039	*84	1775	*15.28	*6.17	*636.3	*1577	*27.54	*29	*45.33	145.81	34.06	*11.44	*1.00
% of Calories										*11.3%	*17.4%	56.1%	29.5%	*9.9%	*0.9%
Nutrient Guideline		550-650		1230										<10.00	

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**Putnam County Schools**

**Apr 30, 2018 thru Jun 4, 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)
<b>Wed - 05/16/2018</b>															
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
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		752	*66	*1036	*10.54	*5.45	393.4	*10922	*55.02	*20	35.80	93.73	24.92	*8.90	*0.00
% of Calories										*10.8%	19.0%	49.9%	29.8%	*10.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Thu - 05/17/2018</b>															
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
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
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		841	*116	1449	*6.46	*3.91	*711.4	3282	*12.12	*12	*50.21	86.23	32.85	*10.13	*0.09
% of Calories										*5.6%	*23.9%	41.0%	35.2%	*10.8%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

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# Putnam County Schools

Apr 30, 2018 thru Jun 4, 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)
Fri - 05/18/2018															
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	

Mon - 05/21/2018															
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
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
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
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		715	*42	*1125	*7.35	*3.36	*306.7	*703	*129.82	*28	*31.46	*106.34	18.09	*3.84	*0.00
% of Calories										*15.6%	*17.6%	*59.5%	22.8%	*4.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Putnam County Schools

Apr 30, 2018 thru Jun 4, 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 - 05/22/2018															
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
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
WATERMELON, Fresh	1/2 cup	43	0	1	0.57	0.34	9.9	807	11.48	9	0.86	10.7	0.21	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
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 % of Calories		770	*58	1489	*6.34	*3.41	*435.6	*2451	*50.59	*20 *10.6%	*24.19 *12.6%	89.82 46.6%	35.91 42.0%	*12.10 *14.1%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/23/2018															
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
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
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
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		758	67	1472	*13.60	*5.30	*596.0	*4447	*27.94	*8 *4.1%	40.30 21.3%	101.31 53.5%	20.94 24.9%	*9.42 *11.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Putnam County Schools

Apr 30, 2018 thru Jun 4, 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 - 05/24/2018															
Lunch K-12	Total														
Mozzarella Cheese Sticks	2 each	300	10	740	4.00	*N/A*	*N/A*	*N/A*	*N/A*	6	14.0	34.0	12.0	5.20	4.00
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
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		659	*20	1612	*12.54	*1.18	*348.4	*5682	*18.59	*30	30.26	96.41	17.45	*6.78	*4.00
% of Calories										*17.9%	18.4%	58.5%	23.8%	*9.3%	*5.5%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 05/25/2018															
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
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
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
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		679	*47	1429	*6.97	*3.57	*590.9	840	*13.28	*29	*29.43	107.43	16.37	*4.63	*0.16
% of Calories										*16.8%	*17.3%	63.3%	21.7%	*6.1%	*0.2%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 05/28/2018															
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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# Putnam County Schools

Apr 30, 2018 thru Jun 4, 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 - 05/29/2018															
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	

Wed - 05/30/2018															
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	

Thu - 05/31/2018															
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	

Fri - 06/01/2018															
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 - 06/04/2018															
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

\*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

Apr 30, 2018 thru Jun 4, 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)
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

Weighted Average		797	*65	*1421	*9.96	*4.48	*755.1	*5834	*38.28	*20 *23.0%	*35.34 *17.7%	*101.64 *51.0%	27.55 31.1%	*9.18 *10.4%	*0.56 *0.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	797		550 - 650	123%			147	Correction Required - Calories too High
Cholesterol (mg)	65				Missing			
Sodium (mg)	1421		1230		Missing		191	
Fiber (g)	9.96				Missing			
Iron (mg)	4.48				Missing			
Calcium (mg)	755.1				Missing			
Vitamin A (IU)	5834				Missing			
Sugars (g)	20	10.24%			Missing			
Vitamin C (mg)	38.28				Missing			
Protein (g)	35.34	17.73%			Missing			
Carbohydrate (g)	101.64	51.00%			Missing			
Total Fat (g)	27.55	31.10%						
Saturated Fat (g)	9.18	10.36%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.56	0.64%			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

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