

# Yadkin County Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/01/2019							
Elementary Lunch-Traditional	Total	1					
Taco, Soft Shell Elementary	1 each	1	233	506	18.67	18.55	9.59
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Hot Ham and Cheese Sandwich	1 each	1	283	1273	18.36	25.0	12.34
ROMAINE AND DICED TOMATOES	1 CUP	1	21	8	1.24	4.25	0.29
Pinto Beans	1/2 cup	1	94	134	5.73	17.18	0.95
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Milk, 1% Lowfat, unflavored	half pint	1	110	125	9.0	13.0	2.5
Milk, CHOCOLATE NON FAT	half pint	1	130	210	8.0	24.0	0.0
Milk, Skim, unflavored	half pint	1	80	125	9.0	13.0	0.0
Milk, STRAWBERRY, NON FAT	half pint	1	130	90	8.0	23.0	0.0
Weighted Daily Average			1296	2721	80.57	192.80	26.28
% of Calories					24.9%	59.5%	18.2%
Nutrient Guideline			600-650	1230			

Wed - 10/02/2019							
Elementary Lunch-Traditional	Total	1					
Turkey and Gravy	1 each	1	120	450	16.0	2.0	6.0
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sloppy Joe, JTM	3.63 oz	1	297	721	18.14	37.11	8.06
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Green Beans	1/2 cup	1	24	397	1.22	5.61	0.06
BLUEBERRIES,Fresh	serving	1	42	1	0.55	10.72	0.24
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			752	2083	42.03	112.63	17.42
% of Calories					22.4%	59.9%	20.9%
Nutrient Guideline			600-650	1230			

Thu - 10/03/2019							
Elementary Lunch-Traditional	Total	1					
Beefaroni, Baked (JTM)	1 cup	1	254	532	20.13	20.17	9.95
BREAD, GARLIC BREADSTICK WG	1 EACH	1	90	95	3.0	15.0	3.0
Sandwich, Chicken Fillet	1 each	1	380	790	18.0	42.0	15.0
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
Corn, frozen USDA	1/2 cup	1	66	1	2.09	15.82	0.55
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			1010	1522	47.39	146.20	29.38
% of Calories					18.8%	57.9%	26.2%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/04/2019							
Elementary Lunch-Traditional	Total	1					
Chili with Beans	1/2 cup	1	193	196	16.87	12.07	8.8
CORNBREAD MUFFIN	serving	1	230	220	4.0	38.0	7.0
Pizza Sticks,Mozz,WG,TONYS*	2 each	1	344	804	16.97	35.35	15.48
Marinara Sauce	1/4 cup	1	24	174	0.97	4.35	0.48
Potato, baked	1 each	1	105	8	2.75	23.77	0.12
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1097	1471	43.68	165.92	32.24
% of Calories					15.9%	60.5%	26.4%
Nutrient Guideline			600-650	1230			

Mon - 10/07/2019							
Elementary Lunch-Traditional	Total	1					
Pizza, Pepperoni, 4x6 Tonys	1 each	1	300	530	16.0	33.0	12.0
MEATBALL SUB ELE.	1 each	1	353	528	22.86	26.59	19.7
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
POTATO SMILES*	SERVING	1	131	181	2.01	20.09	4.52
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			984	1340	43.78	128.99	36.90
% of Calories					17.8%	52.4%	33.8%
Nutrient Guideline			600-650	1230			

Tue - 10/08/2019							
Elementary Lunch-Traditional	Total	1					
Nachos with Beef, JTM	servings	1	481	1929	18.02	41.72	29.12
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Sandwich,Ham&Cheese on WG Bun	1 each	1	251	1066	16.65	28.91	7.87
ROMAINE AND DICED TOMATOES	1 CUP	1	21	8	1.24	4.25	0.29
Beans, Taco Fiesta	1/2 cup	1	113	481	5.12	20.48	1.02
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Grapes, fresh	1/2 cup	1	80	0	1.33	20.0	0.0
BLUEBERRIES,Fresh	serving	1	42	1	0.55	10.72	0.24
Weighted Daily Average			1076	3736	44.27	147.81	38.77
% of Calories					16.4%	54.9%	32.4%
Nutrient Guideline			600-650	1230			

Wed - 10/09/2019							
Elementary Lunch-Traditional	Total	1					
Chicken Pot Pie	servings	1	308	372	16.49	27.52	14.28
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sandwich, Pork Chop	1 EACH	1	423	695	19.17	45.22	18.2
COLLARD GREENS	1/2 Cup	1	42	190	2.07	4.82	2.26
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1114	1777	44.53	154.00	37.83
% of Calories					16.0%	55.3%	30.6%
Nutrient Guideline			600-650	1230			

Thu - 10/10/2019							
Elementary Lunch-Traditional	Total	1					
Spaghetti, Baked (JTM)	1 cup	1	364	528	23.7	42.11	10.51
BREAD, GARLIC BREADSTICK WG	1 EACH	1	90	95	3.0	15.0	3.0
Sandwich,Turkey&Cheese wgBun	1 each	1	275	456	19.11	28.0	8.88
SWEET PEPPERS AND GREEN BEANS	1 EACH	1	45	*203	1.75	9.75	*0.0
Corn, frozen USDA	1/2 cup	1	66	1	2.09	15.82	0.55
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1005	*1294	50.12	154.81	*23.25
% of Calories					19.9%	61.6%	*20.8%
Nutrient Guideline			600-650	1230			

Fri - 10/11/2019							
Elementary Lunch-Traditional	Total	1					
Taco Soup	1 cup	1	169	1113	11.5	14.44	6.83
Sandwich,Toasted Cheese 1.5oz	1 each	1	340	707	13.17	27.57	18.06
Corn dog, WG	1 each	1	240	670	11.0	33.0	7.0
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
Potato, baked	1 each	1	105	8	2.75	23.77	0.12
Applesauce, swt, cnd	1/2 cup	1	59	2	0.24	15.55	0.07
Pear ,raw whole	piece	1	84	1	0.53	22.54	0.21
Weighted Daily Average			1008	2512	39.89	139.00	32.40
% of Calories					15.8%	55.2%	28.9%
Nutrient Guideline			600-650	1230			

Mon - 10/14/2019							
Elementary Lunch-Traditional	Total	1					
Sandwich,Cheeseburger	1 each	1	375	655	19.5	30.0	19.5
Pickle Slices, Dill	4 each	1	0	248	0.0	0.0	0.0
Sandwich, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
Baked Beans, Bush's	1/2 cup	1	153	517	6.7	30.62	0.0
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1177	2024	50.67	156.76	38.81
% of Calories					17.2%	53.3%	29.7%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 10/15/2019</b>							
Elementary Lunch-Traditional	Total	1					
Chicken Popcorn, WG, Pilgrims*	SERVING	1	210	349	12.89	12.18	12.18
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sandwich, Hot Dog	1 each	1	330	910	11.0	29.0	18.0
Hotdog Chili-JTM	servings	1	24	114	1.96	2.17	0.87
Potatoes, Deli Roasters	1/2 cup	1	100	115	3.0	19.0	2.0
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			970	1674	35.35	133.23	35.21
% of Calories					14.6%	54.9%	32.7%
Nutrient Guideline			600-650	1230			

<b>Wed - 10/16/2019</b>							
Elementary Lunch-Traditional	Total	1					
Mac and Cheese	6 oz servings	1	290	981	16.01	32.02	11.01
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Chicken Quesadilla	1 each	1	353	1016	29.28	30.89	12.32
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
CARROTS, GLAZED (FROZEN)	1/2 Cup	1	94	87	0.72	14.64	3.95
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1031	2517	52.54	144.54	29.40
% of Calories					20.4%	56.1%	25.7%
Nutrient Guideline			600-650	1230			

<b>Thu - 10/17/2019</b>							
Elementary Lunch-Traditional	Total	1					
Lasagna: JTM	5x5 cut	1	303	494	21.63	29.61	10.57
BREAD, GARLIC BREADSTICK WG	1 EACH	1	90	95	3.0	15.0	3.0
Sandwich, Italian Sub w/Cheese	1 EACH	1	319	976	21.65	31.89	12.4
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Corn, frozen USDA	1/2 cup	1	66	1	2.09	15.82	0.55
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			981	1583	51.28	144.64	27.19
% of Calories					20.9%	59.0%	24.9%
Nutrient Guideline			600-650	1230			

<b>Fri - 10/18/2019</b>							
Elementary Lunch-Traditional	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average			0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/21/2019							
Elementary Lunch-Traditional	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average			0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/22/2019							
Elementary Lunch-Traditional	Total	1					
Beef and Cheese Burrito	1 each	1	305	652	17.23	32.17	10.73
Pizza, Pepperoni, 4x6 Tonys	1 each	1	300	530	16.0	33.0	12.0
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Corn, frozen USDA	1/2 cup	1	66	1	2.09	15.82	0.55
Applesauce, swt, cnd	1/2 cup	1	59	2	0.24	15.55	0.07
Grapes, fresh	1/2 cup	1	80	0	1.33	20.0	0.0
Weighted Daily Average			820	1194	37.65	118.56	23.52
% of Calories					18.4%	57.8%	25.8%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/23/2019							
Elementary Lunch-Traditional	Total	1					
Chicken, Oriental Orange	SERVINGS	1	425	403	17.18	53.64	14.93
Rice, Brown	1/2 Cup	1	26	96	0.61	5.33	0.23
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sandwich,Rib-B-Que (elem)	1 each	1	336	927	17.32	40.76	12.0
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
Peas, Black-eye: low sodium	1/2 cup	1	93	142	5.77	16.6	0.67
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
BLUEBERRIES,Fresh	serving	1	42	1	0.55	10.72	0.24
Weighted Daily Average			1124	1839	48.28	168.68	29.94
% of Calories					17.2%	60.0%	24.0%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/24/2019							
Elementary Lunch-Traditional	Total	1					
Stromboli	servings	1	305	1193	21.62	30.62	9.34
Marinara Sauce	1/4 cup	1	24	174	0.97	4.35	0.48
Sandwich,Turkey&Cheese wgBun	1 each	1	275	456	19.11	28.0	8.88
SQUASH AND ZUCCHINI	1/2 Cups	1	31	146	1.1	4.36	1.36
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			840	2037	44.52	120.26	20.43
% of Calories					21.2%	57.2%	21.9%
Nutrient Guideline			600-650	1230			

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<b>Fri - 10/25/2019</b>							
Elementary Lunch-Traditional	Total	1					
Beef, Vegetable Soup	1 cup	1	173	693	12.42	15.51	6.25
Sandwich, Toasted Cheese 1.5oz	1 each	1	340	707	13.17	27.57	18.06
Corndog, WG	1 each	1	240	670	11.0	33.0	7.0
SWEET POTATO, BKD, 5", 1/2 CUP	1 each	1	112	72	2.04	26.16	0.07
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1041	2162	39.87	148.40	31.86
% of Calories					15.3%	57.0%	27.6%
Nutrient Guideline			600-650	1230			

<b>Mon - 10/28/2019</b>							
Elementary Lunch-Traditional	Total	1					
FRENCH CHEESEBREAD W/MARINARA	1 EACH	1	354	884	18.97	34.35	15.48
Sandwich, Ham&Cheese on WG Bun	1 each	1	251	1066	16.65	28.91	7.87
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
POTATO SMILES*	SERVING	1	131	181	2.01	20.09	4.52
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			937	2200	39.76	135.74	28.23
% of Calories					17.0%	58.0%	27.1%
Nutrient Guideline			600-650	1230			

<b>Tue - 10/29/2019</b>							
Elementary Lunch-Traditional	Total	1					
BEEF, TERIYAKI DIPPER	4=serv	1	150	420	12.0	6.0	8.0
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sandwich, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
Baked Beans, Bush's	1/2 cup	1	153	517	6.7	30.62	0.0
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			1052	1658	48.45	149.47	29.22
% of Calories					18.4%	56.8%	25.0%
Nutrient Guideline			600-650	1230			

<b>Wed - 10/30/2019</b>							
Elementary Lunch-Traditional	Total	1					
Chicken Pot Pie	servings	1	308	372	16.49	27.52	14.28
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Sloppy Joe, JTM	3.63 oz	1	297	721	18.14	37.11	8.06
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Cheesy Italian Spinach	1/2 cup	1	109	289	10.89	9.48	5.53
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1052	1906	51.64	150.30	30.92
% of Calories					19.6%	57.1%	26.4%
Nutrient Guideline			600-650	1230			

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Oct 1, 2019 thru Oct 31, 2019

Elementary Lunch-Traditional

Generated on: 9/25/2019 6:08:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/31/2019							
Elementary Lunch-Traditional	Total	1					
Spaghetti, Baked (JTM)	1 cup	1	364	528	23.7	42.11	10.51
BREAD, GARLIC BREADSTICK WG	1 EACH	1	90	95	3.0	15.0	3.0
Sandwich, Hot Dog	1 each	1	330	910	11.0	29.0	18.0
Hotdog Chili-JTM	servings	1	24	114	1.96	2.17	0.87
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
Corn, frozen USDA	1/2 cup	1	66	1	2.09	15.82	0.55
Apples, Baked	1/2 cup	1	105	32	0.02	20.23	2.34
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			1110	1692	43.95	157.51	35.83
% of Calories					15.8%	56.7%	29.0%
Nutrient Guideline			600-650	1230			

Weighted Average			1023	*1950	46.68 18.3%	146.20 57.2%	*30.24 *26.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1023		600 - 650	157%			373	Correction Required -
Sodium 1 (mg)	1950		1230		Missing		720	Calories too High
Sodium 2 (mg)	1950		935		Missing		1015	Correction Required -
Protein (g)	46.68	18.25%						Sodium too High
Carbohydrate (g)	146.20	57.18%						Correction Required -
Total Fat (g)	30.24	26.61%			Missing			Sodium too High

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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