

# Yadkin County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

High School Lunch

Generated on: 3/29/2019 10:40:36 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/01/2019							
High School Lunch	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
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
Beans, Taco Fiesta	1/2 cup	1	113	481	5.12	20.48	1.02
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
POTATO WEDGES,8 CUT,MCCAIN*	SERVING	1	120	431	2.01	18.05	5.01
Pizza, Pizza Hut Pepperoni	slice (1/8 cut)	1	340	700	17.02	29.01	17.02
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			1998	5623	97.34	260.39	67.78
% of Calories					19.5%	52.1%	30.5%
Nutrient Guideline			750-850	1420			<=30.0

Tue - 04/02/2019							
High School Lunch	Total	1					
Chicken, ACP	1 each	1	227	965	23.11	3.89	12.81
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Rice , Spanish	1/2 cups	1	139	261	3.31	29.18	0.99
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
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
CARROTS, GLAZED (FROZEN)	1/2 Cup	1	94	87	0.72	14.64	3.95
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			1100	2721	56.39	152.41	32.49
% of Calories					20.5%	55.4%	26.6%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 04/03/2019							
High School Lunch	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, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
Cheesy Italian Spinach	1/2 cup	1	109	289	10.89	9.48	5.53
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Peach Cups	1 Each	1	80	0	1.0	19.0	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1215	1708	57.50	157.20	41.85
% of Calories					18.9%	51.8%	31.0%
Nutrient Guideline			750-850	1420			<=30.0

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Thu - 04/04/2019							
High School Lunch	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
Chicken Quesadilla	1 each	1	353	1016	29.28	30.89	12.32
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
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			939	2396	56.44	130.31	23.39
% of Calories					24.0%	55.5%	22.4%
Nutrient Guideline			750-850	1420			<=30.0

Fri - 04/05/2019							
High School Lunch	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
Corn dog, WG	1 each	1	240	670	11.0	33.0	7.0
POTATO WEDGES,8 CUT,MCCAIN*	SERVING	1	120	431	2.01	18.05	5.01
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
Berry , Mixed Cups	1 Each	1	90	0	0.0	20.07	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			1004	1580	35.35	154.33	28.13
% of Calories					14.1%	61.5%	25.2%
Nutrient Guideline			750-850	1420			<=30.0

Mon - 04/08/2019							
High School Lunch	Total	1					
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
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
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
Potatoes, Deli Roasters	1/2 cup	1	100	115	3.0	19.0	2.0
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			1020	2015	42.27	135.20	37.92
% of Calories					16.6%	53.0%	33.5%
Nutrient Guideline			750-850	1420			<=30.0

Tue - 04/09/2019							
High School Lunch	Total	1					
Chicken Fajitas w/USDA Fajita	1 each	1	301	946	24.62	32.76	7.35
ONIONS AND BELL PEPPERS	.25 CUP	1	10	1	0.31	2.25	0.04
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Sloppy Joe, JTM	3.63 oz	1	297	721	18.14	37.11	8.06
Beans, Taco Fiesta	1/2 cup	1	113	481	5.12	20.48	1.02
ROMAINE AND DICED TOMATOES	1 CUP	1	21	8	1.24	4.25	0.29
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			952	2412	51.77 21.8%	150.87 63.4%	17.34 16.4%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 04/10/2019							
High School Lunch	Total	1					
Chicken, 8 pc. roasted	1 servings	1	166	95	19.0	0.0	10.0
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
KALE	1/2 CUP SERVI NG	1	31	151	1.86	2.79	1.87
Fruited Gelatin	1/2 cup	1	161	104	2.15	37.58	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average % of Calories			658	957	31.33 19.1%	101.95 62.0%	15.25 20.9%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 04/11/2019							
High School Lunch	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, Pork Chop	1 EACH	1	423	695	19.17	45.22	18.2
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
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 % of Calories			1150	1336	50.46 17.6%	171.03 59.5%	32.92 25.8%
Nutrient Guideline			750-850	1420			<=30.0

Fri - 04/12/2019							
High School Lunch	Total	1					
Sandwich, Chicken Fillet	1 each	1	380	790	18.0	42.0	15.0
Sandwich, Ham&Cheese on WG Bun	1 each	1	251	1066	16.65	28.91	7.87
POTATO WEDGES, 8 CUT, MCCAIN*	SERVING	1	120	431	2.01	18.05	5.01
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
STRAWBERRY CUPS	1 each	1	90	0	1.0	21.93	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average % of Calories			970	2349	39.13 16.1%	144.03 59.4%	28.20 26.1%
Nutrient Guideline			750-850	1420			<=30.0

Mon - 04/15/2019							
High School Lunch	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850	1420			<=30.0

Tue - 04/16/2019							
High School Lunch	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 04/17/2019							
High School Lunch	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 04/18/2019							
High School Lunch	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850	1420			<=30.0

Fri - 04/19/2019							
High School Lunch	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850	1420			<=30.0

Mon - 04/22/2019							
High School Lunch	Total	1					
Sandwich, Chicken Premium Spic	1 EACH	1	362	921	23.0	44.0	10.0
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
POTATO WEDGES,8 CUT,MCCAIN*	SERVING	1	120	431	2.01	18.05	5.01
Green Beans	1/2 cup	1	24	397	1.22	5.61	0.06
Pineapple Tidbits	1/2 cup	1	75	11	0.0	18.27	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average % of Calories			1030	2786	39.65 15.4%	142.24 55.3%	34.25 29.9%
Nutrient Guideline			750-850	1420			<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/23/2019							
High School Lunch	Total	1					
Taco, Walking	1 each	1	342	673	16.54	32.51	15.04
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Sandwich, Italian Sub w/Cheese	1 EACH	1	319	976	21.65	31.89	12.4
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
Peach Cups	1 Each	1	80	0	1.0	19.0	0.0
Strawberries, fresh	1/2 cup	1	23	1	0.48	5.53	0.22
Weighted Daily Average			898	2035	47.50	114.31	29.02
% of Calories					21.1%	50.9%	29.1%
Nutrient Guideline			750-850	1420			<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/24/2019							
High School Lunch	Total	1					
TURKEY-PRE SLICED	SERVINGS	1	90	340	19.01	0.0	1.0
Gravy, Brown	1 oz	1	1	17	0.0	0.21	0.0
ROLL: Wheat RICH'S	1 each	1	100	170	4.0	18.0	1.5
Hot Ham and Cheese Sandwich	1 each	1	283	1273	18.36	25.0	12.34
Butternut Squash Roasted	1/2 cup	1	113	101	1.0	19.79	4.49
Potatoes, Mashed (Pearls)	1/2 cup	1	74	342	1.65	14.06	1.24
Broccoli & Cheese	1/2 cup	1	105	507	3.16	10.2	5.82
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			936	2758	47.91	132.18	26.74
% of Calories					20.5%	56.5%	25.7%
Nutrient Guideline			750-850	1420			<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/25/2019							
High School Lunch	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
Sloppy Joe, JTM	3.63 oz	1	297	721	18.14	37.11	8.06
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
CABBAGE, STEAMED	1/2 Cup	1	32	155	0.89	3.94	1.77
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			988	1485	48.49	152.33	24.68
% of Calories					19.6%	61.7%	22.5%
Nutrient Guideline			750-850	1420			<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/26/2019							
High School Lunch	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
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
Potatoes, Deli Roasters	1/2 cup	1	100	115	3.0	19.0	2.0
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
STRAWBERRY CUPS	1 each	1	90	0	1.0	21.93	0.0
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average			998	1674	40.30	143.94	31.95
% of Calories					16.2%	57.7%	28.8%
Nutrient Guideline			750-850	1420			<=30.0

Weighted Average			1057	2256	49.45	149.51	31.46
					18.7%	56.6%	26.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1057		750 - 850	124%			207	Correction Required - Calories too High Correction Required - Sodium too High
Sodium 1 (mg)	2256		1420				836	
Sodium 2 (mg)	2256						2256	
Protein (g)	49.45	18.72%						
Carbohydrate (g)	149.51	56.58%						
Total Fat (g)	31.46	26.79%	<=30.00%					

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