

# Yadkin County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2019 thru Apr 30, 2019

Elementary Lunch-Traditional

Generated on: 3/29/2019 10:42:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 04/01/2019</b>							
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,Turkey&Cheese wgBun	1 each	1	275	456	19.11	28.0	8.88
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
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
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			1481	1788	78.82	227.28	28.95
% of Calories					21.3%	61.4%	17.6%
Nutrient Guideline			600-650	1230			

<b>Tue - 04/02/2019</b>							
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, 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
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
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			1150	3645	48.62	153.15	43.45
% of Calories					16.9%	53.3%	34.0%
Nutrient Guideline			600-650	1230			

<b>Wed - 04/03/2019</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
Sandwich,Ham&Cheese on WG Bun	1 each	1	251	1066	16.65	28.91	7.87
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			1017	2241	51.15	142.11	30.73
% of Calories					20.1%	55.9%	27.2%
Nutrient Guideline			600-650	1230			

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Page 2

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<b>Thu - 04/04/2019</b>							
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,Rib-B-Que (elem)	1 each	1	336	927	17.32	40.76	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
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			921	2307	44.48	140.18	23.07
% of Calories					19.3%	60.9%	22.5%
Nutrient Guideline			600-650	1230			

<b>Fri - 04/05/2019</b>							
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
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			600-650	1230			

<b>Mon - 04/08/2019</b>							
Elementary Lunch-Traditional	Total	1					
Pizza, Pepperoni, 4x6 Tonys	1 each	1	300	530	16.0	33.0	12.0
Sandwich, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
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			1056	1263	42.85	143.59	35.98
% of Calories					16.2%	54.4%	30.7%
Nutrient Guideline			600-650	1230			

<b>Tue - 04/09/2019</b>							
Elementary Lunch-Traditional	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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Page 3

Apr 1, 2019 thru Apr 30, 2019

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Generated on: 3/29/2019 10:42:49 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			952	2412	51.77	150.87	17.34
% of Calories					21.8%	63.4%	16.4%
Nutrient Guideline			600-650	1230			

Wed - 04/10/2019							
Elementary Lunch-Traditional	Total	1					
Chicken, 8 pc. roasted	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 SERVING	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
COOKIE,SUGAR,FRZ DOUGH,1OZ.040	1 EACH	1	120	95	1.0	17.0	5.0
Weighted Daily Average			778	1052	32.33	118.95	20.25
% of Calories					16.6%	61.2%	23.4%
Nutrient Guideline			600-650	1230			

Thu - 04/11/2019							
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, 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			1150	1336	50.46	171.03	32.92
% of Calories					17.6%	59.5%	25.8%
Nutrient Guideline			600-650	1230			

Fri - 04/12/2019							
Elementary Lunch-Traditional	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			970	2349	39.13	144.03	28.20
% of Calories					16.1%	59.4%	26.1%
Nutrient Guideline			600-650	1230			

Mon - 04/15/2019							
Elementary Lunch-Traditional	Total	1					
NO SCHOOL TODAY	SERVING	1	0	0	0.0	0.0	0.0

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Page 4

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Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			600-650	1230			

Tue - 04/16/2019							
Elementary Lunch-Traditional NO SCHOOL TODAY	Total SERVING	1 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			600-650	1230			

Wed - 04/17/2019							
Elementary Lunch-Traditional NO SCHOOL TODAY	Total SERVING	1 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			600-650	1230			

Thu - 04/18/2019							
Elementary Lunch-Traditional NO SCHOOL TODAY	Total SERVING	1 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			600-650	1230			

Fri - 04/19/2019							
Elementary Lunch-Traditional NO SCHOOL TODAY	Total SERVING	1 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			600-650	1230			

Mon - 04/22/2019							
Elementary Lunch-Traditional	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, 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
Broccoli	1/2 cup	1	30	94	2.19	4.38	0.33
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			1043	2540	35.56 13.6%	136.71 52.4%	40.49 35.0%
Nutrient Guideline			600-650	1230			

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Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 04/23/2019</b>							
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
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			789	1867	49.62	100.36	23.57
% of Calories					25.1%	50.9%	26.9%
Nutrient Guideline			600-650	1230			

<b>Wed - 04/24/2019</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
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
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			890	2314	37.74	127.77	27.92
% of Calories					17.0%	57.4%	28.2%
Nutrient Guideline			600-650	1230			

<b>Thu - 04/25/2019</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
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
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			1045	1780	59.63	146.12	28.93
% of Calories					22.8%	56.0%	24.9%
Nutrient Guideline			600-650	1230			

<b>Fri - 04/26/2019</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
Sloppy Joe, JTM	3.63 oz	1	297	721	18.14	37.11	8.06
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

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Page 6

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Weighted Daily Average			926	1417	40.50	141.35	24.05
% of Calories					17.5%	61.1%	23.4%
Nutrient Guideline			600-650	1230			

Mon - 04/29/2019							
Elementary Lunch-Traditional	Total	1					
FRENCH CHEESEBREAD W/MARINARA	1 EACH	1	354	884	18.97	34.35	15.48
Sandwich,Rib-B-Que (elem)	1 each	1	336	927	17.32	40.76	12.0
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
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			997	2009	40.20	141.60	32.53
% of Calories					16.1%	56.8%	29.4%
Nutrient Guideline			600-650	1230			

Tue - 04/30/2019							
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
Sandwich, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Baked Beans, Bush's	1/2 cup	1	153	517	6.7	30.62	0.0
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Strawberries, fresh	1/2 cup	1	23	1	0.48	5.53	0.22
Weighted Daily Average			1096	2220	50.95	151.19	31.90
% of Calories					18.6%	55.2%	26.2%
Nutrient Guideline			600-650	1230			

Weighted Average			1016	2007	46.42	146.51	29.32
					18.3%	57.7%	26.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1016		600 - 650	156%			366	Correction Required -
Sodium 1 (mg)	2007		1230				777	Calories too High
Sodium 2 (mg)	2007		935				1072	Correction Required -
Protein (g)	46.42	18.28%						Sodium too High
Carbohydrate (g)	146.51	57.71%						Correction Required -
Total Fat (g)	29.32	25.98%						Sodium too High

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