

# Yadkin County Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

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							
High School Lunch	Total	1					
Taco, Soft Shell Secondary	2 each	1	353	717	24.21	32.06	14.12
SALSA	1/4 cup	1	20	243	0.85	3.96	0.11
Sandwich, Turkey&Cheese wgBun	1 each	1	275	456	19.11	28.0	8.88
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
Pizza, Papa John's pepperoni	slice (1/8 cut)	1	320	810	12.0	38.0	13.0
POTATO, QUICKBITES CRINKLE CUT	1 EACH	1	110	170	2.0	17.0	4.0
Weighted Daily Average			1839	3095	100.87	264.30	44.36
% of Calories					21.9%	57.5%	21.7%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 10/02/2019							
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
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
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			1058	2108	44.12	165.01	25.45
% of Calories					16.7%	62.4%	21.6%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 10/03/2019							
High School Lunch	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
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
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			990	1437	45.97	143.84	29.22
% of Calories					18.6%	58.1%	26.6%
Nutrient Guideline			750-850	1420			<=30.0

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/04/2019							
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
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			750-850	1420			<=30.0

Mon - 10/07/2019							
High School Lunch	Total	1					
Sandwich, Chicken Premium Spic	1 EACH	1	362	921	23.0	44.0	10.0
MEATBALL SUB Middle/High	1 each	1	433	538	23.86	37.59	22.2
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			1126	1741	51.78	150.99	37.40
% of Calories					18.4%	53.6%	29.9%
Nutrient Guideline			750-850	1420			<=30.0

Tue - 10/08/2019							
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
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			750-850	1420			<=30.0

Wed - 10/09/2019							
High School Lunch	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
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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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			926	1855	44.03	128.48	29.55
% of Calories					19.0%	55.5%	28.7%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 10/10/2019							
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, BBQ Brookwood	1 each	1	449	533	23.0	44.0	19.0
SWEET PEPPERS AND GREEN BEANS	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			1179	*1371	54.01	170.81	*33.37
% of Calories					18.3%	58.0%	*25.5%
Nutrient Guideline			750-850	1420			<=30.0

Fri - 10/11/2019							
High School Lunch	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
CARROTS, BAGGED, BABY	1/2 Cup	1	35	60	1.0	8.0	0.0
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			1033	2562	40.19	144.88	32.29
% of Calories					15.6%	56.1%	28.1%
Nutrient Guideline			750-850	1420			<=30.0

Mon - 10/14/2019							
High School Lunch	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,Turkey&Cheese wgBun	1 each	1	275	456	19.11	28.0	8.88
ROMAINE AND SLICED TOMATOES	1 CUP	1	15	6	0.95	2.95	0.23
POTATO WEDGES,8 CUT,MCCAIN*	SERVING	1	120	431	2.01	18.05	5.01
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			950	1808	42.04	123.14	33.94
% of Calories					17.7%	51.8%	32.1%
Nutrient Guideline			750-850	1420			<=30.0

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/15/2019							
High School Lunch	Total	1					
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
FRENCH CHEESEBREAD W/MARINARA	1 EACH	1	354	884	18.97	34.35	15.48
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
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
Weighted Daily Average			1028	2293	57.32	139.26	29.54
% of Calories					22.3%	54.2%	25.9%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 10/16/2019							
High School Lunch	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, 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
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			1011	2282	35.37	140.86	35.84
% of Calories					14.0%	55.7%	31.9%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 10/17/2019							
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
Sandwich, Rib-B-Que (secondary)	1 EACH	1	299	609	16.97	36.85	10.99
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			961	1216	46.60	149.60	25.78
% of Calories					19.4%	62.2%	24.1%
Nutrient Guideline			750-850	1420			<=30.0

Fri - 10/18/2019							
High School Lunch	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			750-850	1420			<=30.0

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High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/21/2019							
High School Lunch	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			750-850	1420			<=30.0

Tue - 10/22/2019							
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
MEATBALL SUB Middle/High	1 each	1	433	538	23.86	37.59	22.2
ROMAINE AND SPINACH SALAD	1 CUP	1	10	9	0.76	2.02	0.17
Peas, Black-eye: low sodium	1/2 cup	1	93	142	5.77	16.6	0.67
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			1027	1211	49.01	133.01	37.24
% of Calories					19.1%	51.8%	32.6%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 10/23/2019							
High School Lunch	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, Ham&Cheese on WG Bun	1 each	1	251	1066	16.65	28.91	7.87
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
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			794	2512	38.67	107.13	24.71
% of Calories					19.5%	54.0%	28.0%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 10/24/2019							
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
Sandwich, Pork Chop	1 EACH	1	423	695	19.17	45.22	18.2
SQUASH AND ZUCCHINI	1/2 Cups	1	31	146	1.1	4.36	1.36
Garden Salad	1 cup	1	10	10	0.7	2.12	0.11
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			963	2226	44.29	131.60	29.85
% of Calories					18.4%	54.6%	27.9%
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)
Fri - 10/25/2019							
High School Lunch	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			750-850	1420			<=30.0

Mon - 10/28/2019							
High School Lunch	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			750-850	1420			<=30.0

Tue - 10/29/2019							
High School Lunch	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
Pinto Beans	1/2 cup	1	94	134	5.73	17.18	0.95
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			1120	1277	49.37	173.01	27.22
% of Calories					17.6%	61.8%	21.9%
Nutrient Guideline			750-850	1420			<=30.0

Wed - 10/30/2019							
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
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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			1205	1718	56.50 18.8%	157.20 52.2%	41.85 31.3%
Nutrient Guideline			750-850	1420			<=30.0

Thu - 10/31/2019							
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, 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 % of Calories			1110	1692	43.95 15.8%	157.51 56.7%	35.83 29.0%
Nutrient Guideline			750-850	1420			<=30.0

Weighted Average			1070	*1999	48.17 18.0%	151.36 56.6%	*32.60 *27.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1070		750 - 850	126%			220	Correction Required -
Sodium 1 (mg)	1999		1420		Missing		579	Calories too High
Sodium 2 (mg)	1999				Missing		1999	Correction Required -
Protein (g)	48.17	18.01%						Sodium too High
Carbohydrate (g)	151.36	56.58%						
Total Fat (g)	32.60	27.42%	<=30.00%		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

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.