

Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 20, 2018

Base Menu Spreadsheet
Portion Values - Detailed

Lake Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/02/2018				
Lake Elementary	Total	1		
HOLIDAY NO SCHOOL	NONE	1	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A%*
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/03/2018				
Lake Elementary	Total	2000		
Chicken Mandarin MS570	1 Serving	1200	232	30.56
Rice, Brown MS1341	1/2 cup	1200	99	21.31
Roll, Whole Wheat Pur1ozMS1356	1 roll	1200	75	13.5
Lunch Bites	1 bag	500	345	58.19
Tuna Salad Salad MS634	1 salad	300	430	23.4
Saltine Crackers, ENR,M MS1369	2 4-count packs	300	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	10	100	18.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	1000	43	7.67
Green Beans, FRZ, Whole,MS1041	1/2 cup	1500	44	6.48
Fruit Juice, Frozen Cup,MS1247	1/2 cup	1000	95	23.44
Orange Smiles MS1270	1/2 cup	350	77	19.19
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	850	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	200	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	375	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	1.0
Ketchup PC MS1528	1 packet	50	10	3.0
Weighted Daily Average % of Calories			617	99.65 64.6%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/04/2018				
Lake Elementary	Total	2000		
Chicken Baked Seasoned MS508	1 serving	1400	271	0.17
Cornbread 1 WG MS1300	1 piece	1400	102	17.71
Macaroni&Cheese,Ham SliceMS412	1 serving	550	418	34.16
Chef Salad, USDA Foods MS600.1	1 salad	50	256	18.3
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	10	100	18.0
Turnip Greens, Southern MS1046	1/2 cup	950	57	3.43
Black-Eyed Peas DryCMS1006	1/2 cup	1250	135	23.66
Fresh Strawberries MS1292	1/2 cup	1200	29	6.97
Fresh Fruit Cup MS1250	1/2 cup	450	64	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	750	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	100	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	350	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average % of Calories			607	60.89 40.1%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/05/2018				
Lake Elementary	Total	2000		
Chicken Fajitas USDA FMMS527.1	1 fajita	800	279	20.06
Tortilla Chips 1 oz eq	9 chips	800	140	18.0
Corn Dog Nuggets MS406	6 nuggets	1200	271	30.15
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	10	60	9.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	10	100	18.0
Baked Beans MS1000	1/2 cup	450	163	36.85
Whole Ker Corn Frz MS1031	1/2 cup	800	89	17.22
Fresh Apple MS1206	1 each	600	72	19.06
Tropical Fruit MS1249	1/2 cup	450	126	32.73
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	800	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	200	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	500	130	23.0
Chocolate Pudding MS1474	1/2 cup	500	111	23.78
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Ketchup PC MS1528	1 packet	1000	10	3.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	250	40	1.0
Salsa, Portion, USDA,MS1146.1	1 ounce	800	9	1.77
Cheese 1 oz. Block MS930	1 ounce	800	71	3.04
Weighted Daily Average			627	88.66
% of Calories				56.6%
Nutrient Guideline			550-650	

Fri - 04/06/2018				
Lake Elementary	Total	2000		
Cheeseburger 2 oz., US MS728.1	1 each	1500	316	32.23
Fish Sandwich Baked MS750	1 each	500	320	41.0
Vegetable Juice, Assort,MS1156	1/2 cup	500	57	14.0
Fried Crinkle Cut Fries MS1089	1/2 cup	1800	135	17.69
Fresh Oranges MS1268	1 each	950	61	15.22
Fresh Fruit Cup MS1250	1/2 cup	850	64	16.48
Milk, FF White 1/2 pt.Br MS1706	1/2 pint	275	90	12.0
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	800	130	24.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	600	130	23.0
Ketchup PC MS1528	1 packet	1600	10	3.0
Mustard, PC, MS1538	1 packet	300	5	1.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	15	40	1.0
Weighted Daily Average			621	88.79
% of Calories				57.2%
Nutrient Guideline			550-650	

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Lake Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/09/2018				
Lake Elementary	Total	350		
Chicken Fajitas USDA, MS527	1 fajita	150	284	21.06
Tuna Salad w/ Crackers MS636	1/2 CUP	150	276	21.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Chef Salad, USDA Foods MS600.1	1 salad	50	256	18.3
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Pinto Beans MS912	1/2 cup	150	146	26.17
Whole Ker Corn Frz MS1031	1/2 cup	250	89	17.22
Apple and Orange Wedges MS1240	1/2 cup	250	53	13.45
Fruit Cocktail MS1248	1/2 cup	125	58	14.91
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	100	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Sauce, Taco. PC MS1558	1 packet	75	5	1.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average			602	81.31
% of Calories				54.0%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/10/2018				
Lake Elementary	Total	350		
Tuna Ranch / Flatout Brd MS703	2 halves	100	198	25.39
Corn Dog MS744	1 each	200	247	27.08
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Steamed Carrots MS1022	1/2 Cup	100	47	7.11
Tossed Salad w/Drsg MS1126	1/2 cup	250	31	6.03
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	19.0
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	23.44
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	75	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Ketchup PC MS1528	1 packet	600	10	3.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Assorted Pudding CupsMS1462	1 pudding cup	300	85	19.0
Weighted Daily Average			601	99.54
% of Calories				66.3%
Nutrient Guideline			550-650	

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Lake Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/11/2018				
Lake Elementary	Total	350		
Chicken Crispy Baked MS510	1 serving	250	321	9.68
Roll, Whole Wheat Pur1ozMS1356	1 roll	250	75	13.5
Ham&Cheese on Hoagie USMS766.1	1 hoagie	50	313	36.14
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Mashed Potatoes MS1078	1/2 cup	275	91	15.67
Green Beans, Canned, MS1036	1/2 cup	250	41	4.45
Pineapple Tidbits MS1286	1/2 cup	100	72	18.87
Fresh Grapes MS1226	1/2 cup	150	61	15.56
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	1.0
Weighted Daily Average			650	73.22
% of Calories				45.1%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/12/2018				
Lake Elementary	Total	350		
Cheeseburger 2 oz., US MS728.1	1 each	250	316	32.23
Tuna Salad w/ Crackers MS636	1/2 CUP	50	276	21.0
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Vegetable Juice, Assort,MS1156	1/2 cup	175	57	14.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	125	43	7.67
Fresh Fruit Cup MS1250	1/2 cup	100	64	16.48
Fresh Strawberries MS1292	1/2 cup	150	29	6.97
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	100	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Assorted Pudding CupsMS1462	1 pudding cup	250	85	19.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	300	40	1.0
Mustard, PC, MS1538	1 packet	50	5	1.0
Ketchup PC MS1528	1 packet	300	10	3.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average			604	82.62
% of Calories				54.7%
Nutrient Guideline			550-650	

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Lake Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/13/2018				
Lake Elementary	Total	350		
Chicken Baked BBQ MS 512	1 serving	200	282	3.07
Roll, Whole Wheat Pur1ozMS1356	1 roll	200	75	13.5
Chicken Fajitas, Diced, MS529	1 fajita	50	314	21.33
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Vegetable Juice, Assort,MS1156	1/2 cup	200	57	14.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	250	43	7.67
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	23.44
Fresh Fruit Cup MS1250	1/2 cup	50	64	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	75	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	125	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Sauce, Taco. PC MS1558	1 packet	100	5	1.0
Cheese 1 oz. Block MS930	1 ounce	50	71	3.04
Weighted Daily Average			608	77.04
% of Calories				50.7%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/16/2018				
Lake Elementary	Total	350		
Chicken Nuggets Bkd MS532	5 nuggets	50	216	12.5
Philly Steak on Hoagie MS782	1 Each	100	304	34.0
Tuna Salad w/ Crackers MS636	1/2 CUP	150	276	21.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Chef Salad, USDA Foods MS600.1	1 salad	50	256	18.3
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Baked Beans MS1000	1/2 cup	150	163	36.85
Broccoli Spears,Steamed MS1014	1/2 cup	250	39	4.38
Apple and Orange Wedges MS1240	1/2 cup	250	53	13.45
Tropical Fruit MS1249	1/2 cup	125	126	32.73
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	100	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	200	40	1.0
Mustard, PC, MS1538	1 packet	50	5	1.0
Ketchup PC MS1528	1 packet	100	10	3.0
Weighted Daily Average			615	86.27
% of Calories				56.2%
Nutrient Guideline			550-650	

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Lake Elementary

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/17/2018				
Lake Elementary	Total	350		
Spaghetti & MeatSace ERMS178.2	1 serving	200	450	60.62
Toast, Garlic WW MS1351	1 slice	200	100	15.0
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Whole Ker Corn Frz MS1031	1/2 cup	100	89	17.22
Tossed Salad w/Drsg MS1126	1/2 cup	250	31	6.03
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	19.0
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	23.44
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	75	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average			639	101.48
% of Calories				63.5%
Nutrient Guideline			550-650	

Wed - 04/18/2018				
Lake Elementary	Total	350		
Tuna Salad MS630	1/2 cup	150	182	4.06
Croissant, 1WGR, MS1624	1 croissant	150	110	15.0
Lunch Bites	1 bag	150	345	58.19
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Carrots, Baby w/ Dip, MS#1017	1/2 cup	275	45	9.95
Pinto Beans MS912	1/2 cup	250	146	26.17
Pineapple Tidbits MS1286	1/2 cup	100	72	18.87
Fresh Grapes MS1226	1/2 cup	150	61	15.56
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	1.0
Weighted Daily Average			641	96.91
% of Calories				60.5%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/19/2018				
Lake Elementary	Total	350		
Turkey & Cheese on Bun MS796	1 each	50	277	30.11
Macaroni&Cheese,Ham SliceMS412	1 serving	250	418	34.16
Roll, Whole Wheat Pur1ozMS1356	1 roll	200	75	13.5
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Green Peas, Frozen MS1070	1/2 cup	150	91	13.67
Whole Ker Corn Frz MS1031	1/2 cup	125	89	17.22
Fresh Fruit Cup MS1250	1/2 cup	100	64	16.48
Fresh Strawberries MS1292	1/2 cup	150	29	6.97
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	100	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	1.0
Mustard, PC, MS1538	1 packet	20	5	1.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average			645	78.27
% of Calories				48.5%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/20/2018				
Lake Elementary	Total	350		
Hamburger 2 oz. USDA F MS775.1	1 each	200	275	31.15
Nachos Grande MS168	1 serving	50	365	25.42
Tuna Salad MS630	1/2 cup	50	182	4.06
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Chef Salad, MS600	1 salad	50	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Vegetable Juice, Assort,MS1156	1/2 cup	75	57	14.0
Baked Crinkle Fries MS1088	1/2 cup	300	101	17.69
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	23.44
Fresh Fruit Cup MS1250	1/2 cup	25	64	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	50	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Sauce, Taco. PC MS1558	1 packet	100	5	1.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	200	40	1.0
Ketchup PC MS1528	1 packet	400	10	3.0
Weighted Daily Average			648	93.58
% of Calories				57.7%
Nutrient Guideline			550-650	

Weighted Average			582	80.48
				55.4%

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Lake Elementary

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Reimb	Cals	Carb	Error Messages (if any)
				Size	Qty	(kcal)	(g)	
Calories	582		550 - 650					
Carbohydrate (g)	80.48	55.36%						

**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.