

# Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 20, 2018

Base Menu Spreadsheet  
Portion Values - Detailed

Lake High

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/02/2018				
Lake High	Total	1		
HOLIDAY NO SCHOOL	NONE	1	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A%*
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/03/2018				
Lake High	Total	800		
Chicken Mandarin MS570	1 Serving	500	232	30.56
Rice, Brown MS1341	1/2 cup	300	99	21.31
Roll, Whole Wheat Pur2ozMS1355	Roll - 2 oz.	500	150	27.0
Country Fried Steak Sand MS746	1 each	150	476	43.18
Lunch Bites	1 bag	50	345	58.19
Tuna Salad Salad MS634	1 salad	100	430	23.4
Saltine Crackers, ENR,M MS1369	2 4-count packs	100	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	100	100	18.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	600	43	7.67
Green Beans, FRZ, Whole,MS1041	1/2 cup	650	44	6.48
Fruit Juice, Frozen Cup,MS1247	1/2 cup	650	95	23.44
Orange Smiles MS1270	1/2 cup	200	77	19.19
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	450	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	150	130	23.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	250	40	1.0
Ketchup PC MS1528	1 packet	250	10	3.0
Weighted Daily Average % of Calories			753	118.41 62.9%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/04/2018				
Lake High	Total	800		
Chicken Baked Seasoned MS508	1 serving	500	271	0.17
Cornbread 2 WG MS1301	1 piece	500	205	35.42
Macaroni&Cheese,Ham SliceMS412	1 serving	250	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	450	57	3.43
Black-Eyed Peas DryCMS1006	1/2 cup	700	135	23.66
Fresh Strawberries MS1292	1/2 cup	600	29	6.97
Fresh Fruit Cup MS1250	1/2 cup	250	64	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	450	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			791	93.61 47.4%
Nutrient Guideline			750-850	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/05/2018				
Lake High	Total	800		
Chicken Fajitas USDA FMMS527.1	1 fajita	300	279	20.06
Tortilla Chips 1 oz eq	9 chips	300	140	18.0
Corn Dog Nuggets MS406	6 nuggets	450	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	600	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	450	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	100	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	250	130	23.0
Chocolate Pudding MS1474	1/2 cup	250	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	300	9	1.77
Cheese 1 oz. Block MS930	1 ounce	300	71	3.04
Weighted Daily Average			837	135.78
% of Calories				64.9%
Nutrient Guideline			750-850	

Fri - 04/06/2018				
Lake High	Total	800		
Cheeseburger 2 oz., US MS728.1	1 each	500	316	32.23
Fish Sandwich Baked MS750	1 each	300	320	41.0
Vegetable Juice, Assort,MS1156	1/2 cup	550	57	14.0
Fried Crinkle Cut Fries MS1089	1/2 cup	750	135	17.69
Fresh Oranges MS1268	1 each	350	61	15.22
Fresh Fruit Cup MS1250	1/2 cup	400	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	450	130	24.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	300	130	23.0
Ketchup PC MS1528	1 packet	1500	10	3.0
Mustard, PC, MS1538	1 packet	200	5	1.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	700	40	1.0
Weighted Daily Average			750	109.63
% of Calories				58.5%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/09/2018				
Lake High	Total	200		
Chicken Fajitas USDA, MS527	1 fajita	50	284	21.06
Tuna Salad w/ Crackers MS636	1/2 CUP	100	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	40	146	26.17
Whole Ker Corn Frz MS1031	1/2 cup	150	89	17.22
Apple and Orange Wedges MS1240	1/2 cup	150	53	13.45
Fruit Cocktail MS1248	1/2 cup	50	58	14.91
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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	75	130	23.0
Sauce, Taco. PC MS1558	1 packet	75	5	1.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Cookie, Sugar, Pur WGR, MS1436	1 cookie	200	120	17.0
Weighted Daily Average			756	102.32
% of Calories				54.1%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/10/2018				
Lake High	Total	200		
Tuna Ranch / Flatout Brd MS703	2 halves	50	198	25.39
Corn Dog MS744	1 each	150	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	75	47	7.11
Tossed Salad w/Drsg MS1126	1/2 cup	150	31	6.03
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	19.0
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	23.44
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	25	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Ketchup PC MS1528	1 packet	200	10	3.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Assorted Pudding CupsMS1462	1 pudding cup	200	85	19.0
Weighted Daily Average			700	109.47
% of Calories				62.6%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/11/2018				
Lake High	Total	200		
Chicken Crispy Baked MS510	1 serving	100	321	9.68
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	100	170	31.0
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
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Mashed Potatoes MS1078	1/2 cup	175	91	15.67
Green Beans, Canned, MS1036	1/2 cup	100	41	4.45
Pineapple Tidbits MS1286	1/2 cup	100	72	18.87
Fresh Grapes MS1226	1/2 cup	100	61	15.56
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	50	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	1.0
Cookie,Chocolate ChipPurMS1428	1 cookie	50	120	16.0
Weighted Daily Average			780	100.02
% of Calories				51.3%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/12/2018				
Lake High	Total	200		
Cheeseburger 2 oz., US MS728.1	1 each	100	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	10	100	18.0
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	100	57	14.0
Fried Crinkle Cut Fries MS1089	1/2 cup	200	135	17.69
Fresh Fruit Cup MS1250	1/2 cup	100	64	16.48
Fresh Strawberries MS1292	1/2 cup	100	29	6.97
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	25	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	50	130	23.0
Assorted Pudding CupsMS1462	1 pudding cup	200	85	19.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0
Mustard, PC, MS1538	1 packet	25	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			768	108.22
% of Calories				56.4%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/13/2018				
Lake High	Total	200		
Chicken Baked BBQ MS 512	1 serving	100	282	3.07
Roll, Whole Wheat Pur1ozMS1356	1 roll	100	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	100	57	14.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	200	43	7.67
Fruit Juice, Frozen Cup,MS1247	1/2 cup	185	95	23.44
Fresh Fruit Cup MS1250	1/2 cup	15	64	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	25	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	100	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Sauce, Taco. PC MS1558	1 packet	100	5	1.0
Cheese 1 oz. Block MS930	1 ounce	50	71	3.04
Cookie,Oatmeal RaisinPurMS1432	1 cookie	200	120	16.0
Weighted Daily Average			800	102.11
% of Calories				51.0%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/16/2018				
Lake High	Total	200		
Ham & Cheese Sandwich MS770	1 each	25	274	31.89
Philly Steak on Hoagie MS782	1 Each	150	304	34.0
Tuna Salad w/ Crackers MS636	1/2 CUP	25	276	21.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Chef Salad, USDA Foods MS600.1	1 salad	25	256	18.3
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Baked Beans MS1000	1/2 cup	75	163	36.85
Broccoli Spears,Steamed MS1014	1/2 cup	75	39	4.38
Apple and Orange Wedges MS1240	1/2 cup	125	53	13.45
Tropical Fruit MS1249	1/2 cup	75	126	32.73
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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	25	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	50	10	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	100	120	17.0
Weighted Daily Average			753	107.55
% of Calories				57.1%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/17/2018				
Lake High	Total	200		
Meatballs, BBQ/Hoagie,MerMS722	5 meatballs	100	191	39.7
Tortilla Chips 1 oz eq	9 chips	100	140	18.0
Spaghetti & MeatSace ERMS178.2	1 serving	75	450	60.62
Toast, Garlic WW MS1351	1 slice	75	100	15.0
Chef Salad, MS600	1 salad	25	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Whole Ker Corn Frz MS1031	1/2 cup	150	89	17.22
Tossed Salad w/Drsg MS1126	1/2 cup	125	31	6.03
Peaches, FRZ, PC, MS1275	1/2 cup	25	80	19.0
Fruit Juice, Frozen Cup,MS1247	1/2 cup	175	95	23.44
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	75	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	1.0
Weighted Daily Average			760	126.55
% of Calories				66.6%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/18/2018				
Lake High	Total	200		
Tuna Salad MS630	1/2 cup	50	182	4.06
Croissant, 1WGR, MS1624	1 croissant	50	110	15.0
Chicken Fajitas, Diced, MS529	1 fajita	100	314	21.33
Rice, Brown MS1341	1/2 cup	100	99	21.31
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	150	45	9.95
Pinto Beans MS912	1/2 cup	50	146	26.17
Pineapple Tidbits MS1286	1/2 cup	75	72	18.87
Fresh Grapes MS1226	1/2 cup	125	61	15.56
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	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
Sauce, Taco. PC MS1558	1 packet	100	5	1.0
Sour Cream PC MS1564	1 each	25	55	0.82
Cheese 1 oz. Block MS930	1 ounce	75	71	3.04
Chocolate Pudding MS1474	1/2 cup	100	111	23.78
Weighted Daily Average			750	102.44
% of Calories				54.7%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/19/2018				
Lake High	Total	200		
Turkey & Cheese on Bun MS796	1 each	50	277	30.11
Macaroni&Cheese,Ham SliceMS412	1 serving	100	418	34.16
Roll, Whole Wheat Pur1ozMS1356	1 roll	100	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	150	89	17.22
Fresh Fruit Cup MS1250	1/2 cup	150	64	16.48
Fresh Strawberries MS1292	1/2 cup	150	29	6.97
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
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			773	105.00
% of Calories				54.3%
Nutrient Guideline			750-850	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/20/2018				
Lake High	Total	200		
Hamburger 2 oz. USDA F MS775.1	1 each	100	275	31.15
Nachos Grande MS168	1 serving	50	365	25.42
Tuna Salad MS630	1/2 cup	25	182	4.06
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Chef Salad, MS600	1 salad	25	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Vegetable Juice, Assort,MS1156	1/2 cup	75	57	14.0
Baked Crinkle Fries MS1088	1/2 cup	150	101	17.69
Fruit Juice, Frozen Cup,MS1247	1/2 cup	200	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	75	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	25	115	4.1
Sauce, Taco. PC MS1558	1 packet	100	5	1.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0
Ketchup PC MS1528	1 packet	200	10	3.0
Cookie,Chocolate ChipPurMS1428	1 cookie	125	120	16.0
Weighted Daily Average			767	111.47
% of Calories				58.2%
Nutrient Guideline			750-850	

Weighted Average			716	102.11
				57.1%

\*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.

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# Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 20, 2018

Base Menu Spreadsheet

Lake High

Portion Values - Detailed

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				Portion Size	Reimb Qty	Cals (kcal)	Carb (g)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	716		750 - 850	95%		34		Correction Required - Calories are Low
Carbohydrate (g)	102.11	57.07%						

*\*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*

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