

# Scott Co. School Child Nutrition Program

May 14, 2018 thru May 18, 2018

Base Menu Spreadsheet

Lake Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 5/11/2018 11:29:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/14/2018				
Lake Middle School Lunch M	Total	225		
Grill Cheese Sand 2 oz. MS760	1 each	100	357	28.92
Hot Dog WG MS778	1 each	100	320	29.0
Chef Salad, MS600	1 salad	25	244	18.05
Saltine Crackers, ENR,M MS1369	2 4-count packs	25	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Croutons, Enriched, MS1317	1 ounce	25	70	14.0
Baked Crinkle Fries MS1088	1/2 cup	200	101	17.69
Broccoli Florets w/ Dip,MS1148	1/2 cup	50	29	5.6
Apple Delicious MS1200	1 each	100	94	24.64
Mandarin Fruit Cup MS1254	1/2 cup	75	62	16.28
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
Ketchup PC MS1528	1 packet	1	10	3.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1	40	1.0
Ranch Dressing (Mix)MS1546	2 TBSP	1	115	4.1
Weighted Daily Average			613	83.30
% of Calories				54.3%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/15/2018				
Lake Middle School Lunch M	Total	225		
Hamburger 2 oz Patty WGMS775	1 each	100	225	29.15
Hot Dog WG MS778	1 each	100	320	29.0
Vegetable Juice, Assort,MS1156	1/2 cup	75	57	14.0
Broccoli Salad Grapes MS1110	2/3 cup	75	134	13.59
Tortilla Chips 1 oz eq	9 chips	150	140	18.0
Fresh Grapes MS1226	1/2 cup	100	61	15.56
Apple Delicious MS1200	1 each	50	94	24.64
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	225	40	1.0
Ketchup PC MS1528	1 packet	225	10	3.0
Mustard, PC, MS1538	1 packet	50	5	1.0
Weighted Daily Average			603	81.87
% of Calories				54.3%
Nutrient Guideline			600-700	

\*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)
Wed - 05/16/2018				
Lake Middle School Lunch M	Total	225		
Chicken and Dumplings, MS522	3/4 cup	200	247	18.67
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	25	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Croutons, Enriched, MS1317	1 ounce	25	70	14.0
Steamed Carrots MS1022	1/2 Cup	75	47	7.11
Green Beans,Frz,Cut, MS1042	1/2 cup	75	39	5.31
Apple Delicious MS1200	1 each	100	94	24.64
Tropical Fruit MS1249	1/2 cup	100	126	32.73
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	125	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	50	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Weighted Daily Average			619	87.54
% of Calories				56.5%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/17/2018				
Lake Middle School Lunch M	Total	225		
Hamburger Steak 3 w/GravyMS146	1 steak	150	252	3.19
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	29.0
Tuna Salad Sandwich MS795	1 each	75	322	32.06
Yam Patties MS1135	1/2 Cup	150	120	28.0
Carrots, Baby w/ Dip, MS#1017	1/2 cup	75	45	9.95
Orange Smiles MS1270	1/2 cup	75	77	19.19
Fruit Cocktail MS1248	1/2 cup	75	58	14.91
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	50	130	23.0
Ketchup PC MS1528	1 packet	400	10	3.0
Weighted Daily Average			644	89.05
% of Calories				55.3%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/18/2018				
Lake Middle School Lunch M	Total	225		
Red BeansCND/Rice/SausageMS416	1 serving	125	298	37.58
Cornbread 1 WG MS1300	1 piece	125	102	17.71
BBQ Chicken Sandwich MS714	1 each	100	271	35.19
Whole Ker Corn Frz MS1031	1/2 cup	150	89	17.22
Turnip Greens, Southern MS1046	1/2 cup	100	57	3.43
Applesauce, MS1204	1/2 cup	25	59	15.62
Fresh Fruit Cup MS1250	1/2 cup	75	64	16.48
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	50	130	23.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0

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Weighted Daily Average			577	85.26
% of Calories				59.1%
Nutrient Guideline			600-700	

Weighted Average			611	85.41
				55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	611		600 - 700	100%				
Carbohydrate (g)	85.41	55.87%						

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