

Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 27, 2018

Base Menu Spreadsheet
Portion Values - Detailed

Lake Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/02/2018				
Lake Middle School Lunch M	Total	1		
HOLIDAY NO SCHOOL	NONE	1	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/03/2018				
Lake Middle School Lunch M	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			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/04/2018				
Lake Middle School Lunch M	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			600-700	

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

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Base Menu Spreadsheet

Lake Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/05/2018				
Lake Middle School Lunch M	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			600-700	

Fri - 04/06/2018				
Lake Middle School Lunch M	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			600-700	

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Base Menu Spreadsheet
Portion Values - Detailed

Lake Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/09/2018				
Lake Middle School Lunch M	Total	225		
BBQ Chicken Sandwich MS714	1 each	175	271	35.19
Tuna Salad w/ Crackers MS636	1/2 CUP	50	276	21.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
Baked Crinkle Fries MS1088	1/2 cup	225	101	17.69
Confetti Coleslaw MS1114	1/2 cup	50	22	5.65
Fresh Fruit Cup MS1250	1/2 cup	100	64	16.48
Apple Delicious MS1200	1 each	100	94	24.64
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	250	40	1.0
Weighted Daily Average			620	92.48
% of Calories				59.7%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/10/2018				
Lake Middle School Lunch M	Total	225		
Steak Fingers, Baked MS180	4 each	200	290	15.0
Cornbread 1 WG MS1300	1 piece	100	102	17.71
Macaroni and Cheese MS1338	1/2 cup	125	121	18.91
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	10	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Turnip Greens, Southern MS1046	1/2 cup	100	57	3.43
Yam Patties MS1135	1/2 Cup	75	120	28.0
Fresh Fruit Cup MS1250	1/2 cup	75	64	16.48
Pineapple Tidbits MS1286	1/2 cup	50	72	18.87
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	50	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Ketchup PC MS1528	1 packet	300	10	3.0
Weighted Daily Average			642	77.31
% of Calories				48.2%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

Lake Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/11/2018				
Lake Middle School Lunch M	Total	225		
Chicken Fajitas USDA, MS527	1 fajita	175	284	21.06
Chef Salad, MS600	1 salad	50	244	18.05
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
Croutons, PC, .5 Grain, Fresh	1 packet	50	60	9.0
Pinto Beans MS912	1/2 cup	75	146	26.17
Carrots, Baby w/ Dip, MS#1017	1/2 cup	100	45	9.95
Hot Cinnamon Apples MS1208	1/2 cup	100	118	21.92
Orange Smiles MS1270	1/2 cup	50	77	19.19
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, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	75	130	23.0
Ranch Dressing (Mix) MS1546	2 TBSP	50	115	4.1
Sauce, Taco. PC MS1558	1 packet	150	5	1.0
Sour Cream PC MS1564	1 each	75	55	0.82
Weighted Daily Average			605	74.31
% of Calories				49.1%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/12/2018				
Lake Middle School Lunch M	Total	225		
Turkey Sliced, Brown Gravy MS564	1 serving	200	152	5.18
Rolls, Enriched Flour MS1352	1 EACH	200	180	29.7
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	10	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Yam Patties MS1135	1/2 Cup	100	120	28.0
Broccoli Spears, Steamed MS1014	1/2 cup	100	39	4.38
Orange Smiles MS1270	1/2 cup	75	77	19.19
Apple Delicious MS1200	1 each	75	94	24.64
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, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	75	130	23.0
Jelly, Assorted, PC MS1526	1 packet	75	35	9.0
Ranch Dressing (Mix) MS1546	2 TBSP	75	115	4.1
Weighted Daily Average			618	87.07
% of Calories				56.3%
Nutrient Guideline			600-700	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/13/2018				
Lake Middle School Lunch M	Total	225		
Red BeansCND/Rice/SausageMS416	1 serving	100	298	37.58
Hot Dog WG MS778	1 each	125	320	29.0
Whole Ker Corn Frz MS1031	1/2 cup	150	89	17.22
Broccoli Florets w/ Dip,MS1148	1/2 cup	50	29	5.6
Pineapple Tidbits MS1286	1/2 cup	75	72	18.87
Apple Delicious MS1200	1 each	125	94	24.64
Saltine Crackers, ENR,M MS1369	2 4-count packs	50	100	18.0
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	25	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0
Ketchup PC MS1528	1 packet	100	10	3.0
Weighted Daily Average			607	90.85
% of Calories				59.9%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/16/2018				
Lake Middle School Lunch M	Total	225		
Hamburger Steak W/GvyUSMS144.1	1 steak	200	143	5.59
Cornbread 1 WG MS1300	1 piece	200	102	17.71
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
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	25	60	9.0
Mashed Potatoes MS1078	1/2 cup	175	91	15.67
Turnip Greens, Southern MS1046	1/2 cup	125	57	3.43
Fresh Grapes MS1226	1/2 cup	125	61	15.56
Tropical Apples MS1216	1/2 cup	100	152	29.99
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	35	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
Ranch Dressing (Mix)MS1546	2 TBSP	50	115	4.1
Weighted Daily Average			613	85.95
% of Calories				56.1%
Nutrient Guideline			600-700	

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Lake Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/17/2018				
Lake Middle School Lunch M	Total	225		
Ham&Cheese on Hoagie USMS766.1	1 hoagie	150	313	36.14
Tuna Salad MS630	1/2 cup	75	182	4.06
Saltine Crackers, ENR,M MS1369	2 4-count packs	75	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Fried Crinkle Cut Fries MS1089	1/2 cup	225	135	17.69
Carrots, Baby w/ Dip, MS#1017	1/2 cup	75	45	9.95
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	35	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	23.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	200	40	1.0
Mustard, PC, MS1538	1 packet	75	5	1.0
Ketchup PC MS1528	1 packet	400	10	3.0
Weighted Daily Average			609	76.89
% of Calories				50.5%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/18/2018				
Lake Middle School Lunch M	Total	225		
Chicken Fajitas, Diced, MS529	1 fajita	200	314	21.33
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	10	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	5	60	9.0
Pinto Beans MS912	1/2 cup	75	146	26.17
Broccoli Spears,Steamed MS1014	1/2 cup	75	39	4.38
Fresh Oranges MS1268	1 each	150	61	15.22
Raisins, Flavored, MS1291	Packages	25	140	36.0
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	85	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	35	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	23.0
Cheese 1 oz. Block MS930	1 ounce	175	71	3.04
Sour Cream PC MS1564	1 each	50	55	0.82
Sauce, Taco. PC MS1558	1 packet	75	5	1.0
Weighted Daily Average			601	67.07
% of Calories				44.7%
Nutrient Guideline			600-700	

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Lake Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/19/2018				
Lake Middle School Lunch M	Total	225		
Turkey Sliced,Brown GravyMS564	1 serving	200	152	5.18
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	180	170	31.0
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, PC, .5 Grain, Fresh	1 packet	5	60	9.0
Green Beans,Frz,Cut, MS1042	1/2 cup	150	39	5.31
Yam Patties MS1135	1/2 Cup	55	120	28.0
Fresh Fruit Cup MS1250	1/2 cup	75	64	16.48
Fresh Apple MS1206	1 each	150	72	19.06
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	90	130	24.0
Milk, FF White1/2 pt.PF MS1706	1/2 pint	65	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	100	70	18.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Weighted Daily Average			600	91.50
% of Calories				61.0%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/20/2018				
Lake Middle School Lunch M	Total	225		
Hamburger 2 oz. USDA F MS775.1	1 each	175	275	31.15
Tuna Salad Sandwich MS795	1 each	50	322	32.06
Fried Crinkle Cut Fries MS1089	1/2 cup	200	135	17.69
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	45	9.95
Vegetable Juice, Assort,MS1156	1/2 cup	50	57	14.0
Fresh Pears MS1280	1 each	75	68	18.23
Fresh Oranges MS1268	1 each	100	61	15.22
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	35	80	11.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Ketchup PC MS1528	1 packet	500	10	3.0
Mustard, PC, MS1538	1 packet	50	5	1.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	175	40	1.0
Weighted Daily Average			646	92.95
% of Calories				57.5%
Nutrient Guideline			600-700	

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Lake Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/23/2018				
Lake Middle School Lunch M	Total	225		
Chicken Patty Sand Baked MS732	1 each	200	360	39.21
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
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	5	60	9.0
Baked Crinkle Fries MS1088	1/2 cup	175	101	17.69
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	45	9.95
Applesauce, MS1204	1/2 cup	50	59	15.62
Fresh Grapes MS1226	1/2 cup	125	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	35	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	50	130	23.0
Ketchup PC MS1528	1 packet	350	10	3.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0
Weighted Daily Average			644	90.62
% of Calories				56.3%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/24/2018				
Lake Middle School Lunch M	Total	225		
Chicken and Dumplings, MS522	3/4 cup	150	247	18.67
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	150	170	31.0
Tuna Salad MS630	1/2 cup	75	182	4.06
Saltine Crackers, ENR,M MS1369	2 4-count packs	75	100	18.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	5	100	18.0
Green Peas, Frozen MS1070	1/2 cup	200	91	13.67
Cabbage, Seasoned MS1015	1/2 cup	75	44	5.86
Fresh Bananas MS1220	1 each	85	105	26.95
Fresh Apple MS1206	1 each	50	72	19.06
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	35	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	50	130	23.0
Weighted Daily Average			624	86.87
% of Calories				55.7%
Nutrient Guideline			600-700	

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Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 27, 2018

Base Menu Spreadsheet
Portion Values - Detailed

Lake Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/25/2018				
Lake Middle School Lunch M	Total	225		
Chicken Parmesan MS536	2 ounces	100	275	15.95
Ham, Sliced for Biscuit,MS1680	1 slice	100	40	0.0
Cornbread 1 WG MS1300	1 piece	200	102	17.71
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	10	100	18.0
Croutons, PC, .5 Grain, Fresh	1 packet	5	60	9.0
Pinto Beans MS912	1/2 cup	150	146	26.17
Turnip Greens, Southern MS1046	1/2 cup	75	57	3.43
Fresh Apple MS1206	1 each	25	72	19.06
Fruit Juice, Frozen Cup,MS1247	1/2 cup	200	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	50	130	23.0
Ranch Dressing (Mix)MS1546	2 TBSP	25	115	4.1
Weighted Daily Average			601	88.06
% of Calories				58.6%
Nutrient Guideline			600-700	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/26/2018				
Lake Middle School Lunch M	Total	225		
Chicken Tenders Baked MS546	3 tenders	80	250	17.0
Chicken Nuggets Bkd MS532	5 nuggets	80	216	12.5
Chicken Crispy Baked MS510	1 serving	40	321	9.68
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	150	170	31.0
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, PC, .5 Grain, Fresh	1 packet	5	60	9.0
Glazed Carrots MS1018	1/2 cup	75	56	9.28
Mashed Potatoes MS1078	1/2 cup	135	91	15.67
Fruit Juice, Frozen Cup,MS1247	1/2 cup	135	95	23.44
Fresh Apple MS1206	1 each	25	72	19.06
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
Weighted Daily Average			648	87.40
% of Calories				54.0%
Nutrient Guideline			600-700	

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Scott Co. School Child Nutrition Program

Apr 2, 2018 thru Apr 27, 2018

Base Menu Spreadsheet
Portion Values - Detailed

Lake Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/27/2018				
Lake Middle School Lunch M	Total	225		
Chicken Patty Sand Baked MS732	1 each	175	360	39.21
Tuna Salad Sandwich MS795	1 each	50	322	32.06
Tortilla Chips 1 oz eq	9 chips	145	140	18.0
Vegetable Juice, Assort,MS1156	1/2 cup	50	57	14.0
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	45	9.95
Fresh Fruit Cup MS1250	1/2 cup	25	64	16.48
Fruit Juice, Frozen Cup,MS1247	1/2 cup	135	95	23.44
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	80	130	24.0
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	35	80	11.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	75	130	23.0
Ketchup PC MS1528	1 packet	100	10	3.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	1.0
Weighted Daily Average			648	89.02
% of Calories				55.0%
Nutrient Guideline			600-700	

Weighted Average			590	80.77
				54.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	590		600 - 700	98%		10		
Carbohydrate (g)	80.77	54.77%						Correction Required - Calories are Low

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