

# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

Generated on: 8/19/2024 1:17:45 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/03/2024									
Elementary - Lunch	Total	1							
SPAGHETTI AND MEAT SAUCE	1 CUP	1	311	108	4	23.43	14.66	5.20	0.52
FISH STICKS*	SERVING/3 S TICK	1	210	420	1	20.0	10.0	1.50	0.00
SALAD, CHEF ELEMENTARY*	SALAD	1	416	691	*9	44.26	21.55	3.81	*0.00
BREAD, GARLIC STICK WG*	1 EACH	1	100	95	1	15.0	3.5	0.50	0.00
VEG. GREEN BEAN, CND 1/2 CUP*	1/2 CUP	1	24	213	2	4.84	0.01	0.00	0.00
VEG. BABY CARROT - 1/2 CUP*	1/2 CUP	1	25	55	3	5.79	0.09	0.02	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
PC TARTAR SAUCE	1 EACH	1	10	35	0	0.5	0.75	0.00	0.00
PC, KETCHUP	2 EACH	1	30	75	6	6.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF NACHO MEAL	MEAL	1	437	1159	6	46.15	17.32	9.20	0.00
Weighted Daily Average			2186	3913	*101	267.26	77.63	24.58	*0.52
% of Calories					*18.6%	48.9%	32.0%	10.1%	*0.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/04/2024									
Elementary - Lunch	Total	1							
PIZZA, BIG DADDY CHEESE 10 CUT	SLICE	1	290	510	7	27.0	13.0	6.00	0.00
PIZZA, BIG DADDY PEPP. 10 CUT	SLICE	1	290	550	7	27.0	13.0	5.00	0.00
VEG. BROCCOLI /FRZ FLORETS*	1/2 CUP	1	17	90	1	3.41	0.0	0.00	0.00
VEG, JICAMA W/TAJIN	1/2 C	1	19	122	*0	4.22	0.0	0.00	0.00
FRUIT, BANANA	1 BANANA	1	105	1	14	26.95	0.39	0.13	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF PIZZA MEAL	MEAL	1	382	695	6	60.12	14.0	5.00	0.00
Weighted Daily Average			1653	3020	*86	231.82	50.14	20.48	0.00
% of Calories					*20.8%	56.1%	27.3%	11.2%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

\*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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Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/05/2024									
Elementary - Lunch	Total	1							
CORNDOG MINIS*	6 mini dogs svg	1	271	412	5	30.15	12.06	3.52	0.00
MAC & CHEESE BITES	5 PC SERVIN	1	386	655	3	31.92	18.48	8.40	0.00
SALAD, GRILLED CHICKEN*	SALAD	1	424	708	*8	43.77	19.19	2.69	*0.00
BEAN, BAKED VEGETARIAN*	1/2 CUP SER VING	1	6	15	0	1.2	0.0	0.00	0.00
VEG, CUCUMBERS, SLICED 1/2 C*	1/2 CUP	1	9	2	1	1.96	0.15	0.07	0.00
APPLES, CINNAMON - HOT*	1/2 CUP	1	224	8	*31	57.04	0.76	0.12	*0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
PC MUSTARD	1 EACH	1	2	25	*N/A*	0.25	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF CORNDOG MEAL	MEAL	1	243	645	*7	33.76	9.22	2.55	0.00
Weighted Daily Average			2132	3559	*110	286.16	69.61	21.69	*0.00
% of Calories					*20.6%	53.7%	29.4%	9.2%	*0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/09/2024									
Elementary - Lunch	Total	1							
BEEF, STEAK FINGERS*	SERVING	1	240	345	0	15.66	12.53	6.27	0.00
CHICKEN, CHUNKS	5 EACH	1	266	354	0	11.39	16.45	3.16	0.00
VEG. CARROTS, GLAZED 1/2 CUP	1/2 CUP	1	56	256	*9	13.1	0.0	0.00	*0.00
POTATOES, MASHED PERALS*	1/2 CUP	1	80	194	0	15.98	0.55	0.00	0.00
BREAD, ROLL	ROLL	1	170	170	8	31.0	3.0	0.50	0.00
FRUIT, APPLESAUCE WTRMLN*	1 SERVING C	1	60	15	15	17.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
PC, BBQ SAUCE*	1 EACH	1	20	32	4	4.99	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF TURKEY STEAK MEAL	MEAL	1	371	675	14	53.0	8.52	1.01	0.00
Weighted Daily Average			1861	3250	*104	252.80	52.76	16.27	*0.00
% of Calories					*22.4%	54.3%	25.5%	7.9%	*0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

\*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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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 09/10/2024</b>									
Elementary - Lunch	Total	1							
CHICKEN QUESADILLA*	1 EACH	1	281	663	3	30.16	8.04	2.01	0.00
BEEF, TACO SCRATCH ELEM*	1.5 oz. SERVIN	1	285	677	*1	17.8	16.23	7.87	0.33
SALAD, GRILLED CHICKEN*	SALAD	1	424	708	*8	43.77	19.19	2.69	*0.00
RICE, SPANISH WG	1/2 CUP	1	223	500	1	46.73	1.65	0.00	0.00
BEAN, CHARRO PINTO*	1/2 CUP	1	128	185	*0	21.99	0.75	0.02	*0.00
SALAD, TACO/FAJITA FIXINGS*	1/2 CUP	1	7	3	1	1.56	0.08	0.01	0.00
SALSA - 1/4 CUP*	1/4 cup SERVI NG	1	20	141	1	4.07	0.0	0.00	0.00
PEACHES, CANNED SLICED	1/2 CUP	1	63	6	*N/A*	16.33	0.05	0.00	*N/A*
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF NACHO MEAL	MEAL	1	437	1159	6	46.15	17.32	9.20	0.00
Weighted Daily Average			2417	5074	*72	311.30	73.04	26.14	*0.33
% of Calories					*12.0%	51.5%	27.2%	9.7%	*0.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	
<b>Wed - 09/11/2024</b>									
Elementary - Lunch	Total	1							
PIZZA, BIG DADDY PEPP. 10 CUT	SLICE	1	290	550	7	27.0	13.0	5.00	0.00
PIZZA, BIG DADDY CHEESE 10 CUT	SLICE	1	290	510	7	27.0	13.0	6.00	0.00
VEG, BROCCOLI & CHEESE SAUCE*	1/2 CUP	1	14	38	1	2.51	0.24	0.12	0.00
VEG, BABY CARROT - 1/2 CUP*	1/2 CUP	1	25	55	3	5.79	0.09	0.02	0.00
FRUIT, GRAPES	PKG	1	58	2	14	14.9	0.3	0.10	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF PIZZA MEAL	MEAL	1	382	695	6	60.12	14.0	5.00	0.00
Weighted Daily Average			1610	2901	89	220.44	50.38	20.58	0.00
% of Calories					22.1%	54.8%	28.2%	11.5%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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# Tarkington ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

Generated on: 8/19/2024 1:17:45 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/12/2024									
Elementary - Lunch	Total	1							
SANDWICH, HAMBURGER EC/ELEM *	1 SANDWIC H	1	250	480	4	21.0	10.5	3.50	0.50
SANDWICH, MEATBALL SUB	SANDWICH	1	371	771	*4	40.59	14.34	2.50	0.00
VEG, CELERY STICKS*	1/2 CUP	1	9	52	1	1.92	0.11	0.03	0.00
POTATO, SMILES 1/2C*	SERVINGS	1	133	184	0	20.43	4.6	0.51	0.00
FRUIT, PINEAPPLE TIDBITS	1/2 CUP SER	1	63	0	16	16.9	0.0	0.00	0.00
	VING								
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC MAYONNAISE*	1 PACKET	1	50	70	0	2.0	4.5	0.50	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
PC MUSTARD	1 EACH	1	2	25	*N/A*	0.25	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF HOT DOG MEAL	MEAL	1	612	820	28	50.27	36.09	15.51	0.00
Weighted Daily Average			2056	3491	*106	239.49	79.88	26.89	0.50
% of Calories					*20.7%	46.6%	35.0%	11.8%	0.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/16/2024									
Elementary - Lunch	Total	1							
CHICKEN TENDERS - 3 EACH*	3 TENDERS	1	190	310	1	11.0	9.0	1.50	0.00
CHICKEN, LEG BRD.	1 EACH	1	190	450	0	5.0	11.0	2.50	0.00
VEG, BROCCOLI FRESH 1/2C*	1/2 CUP	1	11	11	1	2.15	0.12	0.04	0.00
POTATOES, MASHED PERALS*	1/2 CUP	1	80	194	0	15.98	0.55	0.00	0.00
BREAD, ROLL	ROLL	1	170	170	8	31.0	3.0	0.50	0.00
FRUIT, APPLESAUCE-STRAWBERRY*	1 EACH	1	70	0	14	17.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
PC, KETCHUP	2 EACH	1	30	75	6	6.0	0.0	0.00	0.00
GRAVY, BROWN	1/4 CUP	1	1	23	0	0.23	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF TURKEY STEAK MEAL	MEAL	1	371	675	14	53.0	8.52	1.01	0.00
Weighted Daily Average			1663	2960	94	224.48	41.93	9.89	0.00
% of Calories					22.6%	54.0%	22.7%	5.4%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/17/2024									
Elementary - Lunch	Total	1							
LASAGNA ROLLUP*	SERVING	1	366	742	6	34.17	13.5	7.39	0.00
CHICKEN, ALFREDO*	3/4 CUP	1	317	658	4	27.09	10.47	4.49	0.00
SALAD, SPICY CHICKEN*	SALAD	1	469	783	*8	49.3	23.46	3.69	*0.00
BREAD, GARLIC STICK WG*	1 EACH	1	100	95	1	15.0	3.5	0.50	0.00
VEG. GREEN BEAN, CND 1/2 CUP*	1/2 CUP	1	24	213	2	4.84	0.01	0.00	0.00
VEG, BABY CARROT - 1/2 CUP*	1/2 CUP	1	25	55	3	5.79	0.09	0.02	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF CORNDOG MEAL	MEAL	1	243	645	*7	33.76	9.22	2.55	0.00
Weighted Daily Average			2167	4253	*101	271.23	69.99	22.98	*0.00
% of Calories					*18.6%	50.1%	29.1%	9.5%	*0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

Wed - 09/18/2024									
Elementary - Lunch	Total	1							
PIZZA, BIG DADDY PEPP. 10 CUT	SLICE	1	290	550	7	27.0	13.0	5.00	0.00
PIZZA, BIG DADDY CHEESE 10 CUT	SLICE	1	290	510	7	27.0	13.0	6.00	0.00
VEG. CORN, FROZEN 1/2 CUP*	1/2 CUP	1	79	101	*2	18.2	0.82	0.00	0.00
VEG, JICAMA W/TAJIN	1/2 C	1	19	122	*0	4.22	0.0	0.00	0.00
FRUIT, BANANA	1 BANANA	1	105	1	14	26.95	0.39	0.13	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF PIZZA MEAL	MEAL	1	382	695	6	60.12	14.0	5.00	0.00
Weighted Daily Average			1715	3031	*87	246.61	50.96	20.48	0.00
% of Calories					*20.2%	57.5%	26.7%	10.7%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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Thu - 09/19/2024									
Elementary - Lunch	Total	1							
PIZZA, CHEESE STICKS*	SERVING(2 Each)	1	290	500	5	28.02	11.01	6.00	0.00
BURRITO w/cheese sauce*	1 EACH	1	345	814	2	33.59	13.97	7.76	0.00
BEAN, BLACKEYE PEAS	1/2 CUP	1	161	673	*0	28.32	1.33	*0.00	*0.00
SAUCE, MARINARA 1/4 CUP*	1/4 CUP SER	1	15	137	1	2.0	0.5	0.00	0.00
FRUIT, FRESH ORANGES	1 EACH	1	62	0	12	15.39	0.16	0.02	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF NACHO MEAL	MEAL	1	437	1159	6	46.15	17.32	9.20	0.00
Weighted Daily Average			1859	4313	*76	236.21	54.02	*27.33	*0.00
% of Calories					*16.4%	50.8%	26.2%	*13.2%	*0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/23/2024									
Elementary - Lunch	Total	1							
CHICKEN, POPCORN ORANGE	1-12 PC SER	1	272	472	7	22.1	15.0	2.50	0.00
CHICKEN, POPCORN	1-12 PC SER	1	250	380	1	15.99	15.0	2.50	0.00
VEG, BROCCOLI FRESH 1/2C*	1/2 CUP	1	11	11	1	2.15	0.12	0.04	0.00
VEG. MIXED VEGETABLES FRZN*	1/2 CUP	1	92	233	*4	15.93	0.01	0.00	0.00
RICE, VEGETABLE FRIED 1/2 CUP*	1/2 CUP	1	139	219	2	26.88	1.49	*N/A*	0.00
FRUIT, APPLESAUCE-STRAW/BAN*	1 CUP	1	60	0	14	17.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
PC, KETCHUP	2 EACH	1	30	75	6	6.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF TURKEY STEAK MEAL	MEAL	1	371	675	14	53.0	8.52	1.01	0.00
Weighted Daily Average			1775	3116	*99	242.18	49.87	*10.39	0.00
% of Calories					*22.3%	54.6%	25.3%	*5.3%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/24/2024									
Elementary - Lunch	Total	1							
SPAGHETTI AND MEAT SAUCE	1 CUP	1	311	108	4	23.43	14.66	5.20	0.52
FISH STICKS*	SERVING/3 S TICK	1	210	420	1	20.0	10.0	1.50	0.00
SALAD, CHEF ELEMENTARY*	SALAD	1	416	691	*9	44.26	21.55	3.81	*0.00
BREAD, GARLIC STICK WG*	1 EACH	1	100	95	1	15.0	3.5	0.50	0.00
VEG. GREEN BEAN, CND 1/2 CUP*	1/2 CUP	1	24	213	2	4.84	0.01	0.00	0.00
VEG. BABY CARROT - 1/2 CUP*	1/2 CUP	1	25	55	3	5.79	0.09	0.02	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
PC TARTAR SAUCE	1 EACH	1	10	35	0	0.5	0.75	0.00	0.00
PC, KETCHUP	2 EACH	1	30	75	6	6.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF HOT DOG MEAL	MEAL	1	612	820	28	50.27	36.09	15.51	0.00
Weighted Daily Average			2361	3574	*124	271.38	96.40	30.88	*0.52
% of Calories					*21.0%	46.0%	36.7%	11.8%	*0.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/25/2024									
Elementary - Lunch	Total	1							
PIZZA, BIG DADDY CHEESE 10 CUT	SLICE	1	290	510	7	27.0	13.0	6.00	0.00
PIZZA, BIG DADDY PEPP. 10 CUT	SLICE	1	290	550	7	27.0	13.0	5.00	0.00
VEG. BROCCOLI /FRZ FLORETS*	1/2 CUP	1	17	90	1	3.41	0.0	0.00	0.00
VEG, JICAMA W/TAJIN	1/2 C	1	19	122	*0	4.22	0.0	0.00	0.00
FRUIT, GRAPES	PKG	1	58	2	14	14.9	0.3	0.10	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, BUTTERMILK FF RANCH*	PACKET	1	2	21	0	0.39	0.01	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF PIZZA MEAL	MEAL	1	382	695	6	60.12	14.0	5.00	0.00
Weighted Daily Average			1606	3020	*86	219.77	50.05	20.45	0.00
% of Calories					*21.3%	54.7%	28.0%	11.5%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/26/2024									
Elementary - Lunch	Total	1							
ENCHILADAS, MONTJACK 2M/2G*	2 ENCHILADA	1	283	686	*0	22.23	15.04	8.23	*0.00
NACHO, BEEF & CHEESE*	SERVINGS	1	469	658	*1	36.3	26.69	11.94	0.33
SALAD, GRILLED CHICKEN*	SALAD	1	424	708	*8	43.77	19.19	2.69	*0.00
BREAD, CORNBREAD STAR*	1 EACH	1	240	260	13	38.93	7.99	1.50	0.00
BEAN, CHARRO PINTO*	1/2 CUP	1	128	185	*0	21.99	0.75	0.02	*0.00
SALSA - 1/4 CUP*	1/4 cup SERVI	1	20	141	1	4.07	0.0	0.00	0.00
	NG								
FRUIT, PINEAPPLE TIDBITS	1/2 CUP SER	1	63	0	16	16.9	0.0	0.00	0.00
	VING								
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF NACHO MEAL	MEAL	1	437	1159	6	46.15	17.32	9.20	0.00
Weighted Daily Average			2613	4827	*95	313.08	96.72	37.92	*0.33
% of Calories					*14.6%	47.9%	33.3%	13.1%	*0.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/30/2024									
Elementary - Lunch	Total	1							
BEEF, STEAK FINGERS*	SERVING	1	240	345	0	15.66	12.53	6.27	0.00
CHICKEN, CHUNKS	5 EACH	1	266	354	0	11.39	16.45	3.16	0.00
VEG. CARROTS, GLAZED 1/2 CUP	1/2 CUP	1	56	256	*9	13.1	0.0	0.00	*0.00
POTATOES, MASHED PERALS*	1/2 CUP	1	80	194	0	15.98	0.55	0.00	0.00
BREAD, ROLL	ROLL	1	170	170	8	31.0	3.0	0.50	0.00
FRUIT, APPLESAUCE WTRMLN*	1 SERVING C	1	60	15	15	17.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
PC, BBQ SAUCE*	1 EACH	1	20	32	4	4.99	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
ALTERNATE MEAL*	MEAL	1	338	806	20	52.74	7.24	2.85	0.00
GF TURKEY STEAK MEAL	MEAL	1	371	675	14	53.0	8.52	1.01	0.00
Weighted Daily Average			1861	3250	*104	252.80	52.76	16.27	*0.00
% of Calories					*22.4%	54.3%	25.5%	7.9%	*0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00	

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# Tarkington ISD

Base Menu Spreadsheet  
 Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Elementary - Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			1971	3597	*96 *43.8%	255.44 51.8%	63.51 29.0%	*22.08 *10.1%	*0.14 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1971		550 - 650	303%			1321	Correction Required - Calories too High
Sodium 1 (mg)	3597		1230				2367	Correction Required - Sodium too High
Sodium 2 (mg)	3597		935				2662	Correction Required - Sodium too High
Sugars (g)	96	19.47%			Missing			
Carbohydrate (g)	255.44	51.84%						
Total Fat (g)	63.51	29.00%	<=30.00%					
Saturated Fat (g)	22.08	10.08%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.14	0.06%			Missing			

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