

Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 2, 2024 thru Sep 30, 2024

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|------------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 09/03/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Wed - 09/04/2024 | | | | | | | | | |
| Middle school - Lunch | Total | 1 | | | | | | | |
| PIZZA, BIG DADDY PEPP. 8 CUT* | SLICE | 1 | 250 | 390 | 6 | 22.0 | 12.0 | 5.00 | 0.00 |
| PIZZA, BIG DADDY CHEESE 8 CUT* | SLICE | 1 | 360 | 470 | 9 | 36.0 | 16.0 | 7.00 | 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 | | | 1683 | 2820 | *87 | 235.82 | 52.14 | 21.48 | 0.00 |
| % of Calories | | | | | *20.6% | 56.0% | 27.9% | 11.5% | 0.0% |
| Nutrient Guideline | | | 600-700 | 1360 | | | <=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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 2, 2024 thru Sep 30, 2024

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|------------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 09/05/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 09/09/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Sep 2, 2024 thru Sep 30, 2024

Middle school - 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 ¹ (g) |
|-----------------------------|---------------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 09/10/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | | | | | | | | | |
|--------------------------------|---------|---|---------|------|-------|--------|--------|--------|------|
| Wed - 09/11/2024 | | | | | | | | | |
| Middle school - Lunch | Total | 1 | | | | | | | |
| PIZZA, BIG DADDY CHEESE 8 CUT* | SLICE | 1 | 360 | 470 | 9 | 36.0 | 16.0 | 7.00 | 0.00 |
| PIZZA, BIG DADDY PEPP. 8 CUT* | SLICE | 1 | 250 | 390 | 6 | 22.0 | 12.0 | 5.00 | 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 | | | 1640 | 2701 | 90 | 224.44 | 52.38 | 21.58 | 0.00 |
| % of Calories | | | | | 21.9% | 54.8% | 28.8% | 11.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

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

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Sep 2, 2024 thru Sep 30, 2024

Middle school - 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 ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 09/12/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 09/16/2024 | | | | | | | | | |
| Middle school - 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 |
| 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 | | | 1662 | 2937 | 94 | 224.25 | 41.93 | 9.89 | 0.00 |
| % of Calories | | | | | 22.6% | 54.0% | 22.7% | 5.4% | 0.0% |
| Nutrient Guideline | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 09/17/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | | | | | | | | | |
|--------------------------------|----------|---|---------|------|--------|--------|--------|--------|------|
| Wed - 09/18/2024 | | | | | | | | | |
| Middle school - Lunch | Total | 1 | | | | | | | |
| PIZZA, BIG DADDY CHEESE 8 CUT* | SLICE | 1 | 360 | 470 | 9 | 36.0 | 16.0 | 7.00 | 0.00 |
| PIZZA, BIG DADDY PEPP. 8 CUT* | SLICE | 1 | 250 | 390 | 6 | 22.0 | 12.0 | 5.00 | 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 | | | 1745 | 2831 | *88 | 250.61 | 52.95 | 21.48 | 0.00 |
| % of Calories | | | | | *20.1% | 57.5% | 27.3% | 11.1% | 0.0% |
| Nutrient Guideline | | | 600-700 | 1360 | | | <=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

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|-----------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 09/19/2024 | | | | | | | | | |
| Middle school - 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, BLACK EYE 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 09/23/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

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Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Sep 2, 2024 thru Sep 30, 2024

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|------------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 09/24/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Wed - 09/25/2024 | | | | | | | | | |
| Middle school - Lunch | Total | 1 | | | | | | | |
| PIZZA, BIG DADDY CHEESE 8 CUT* | SLICE | 1 | 360 | 470 | 9 | 36.0 | 16.0 | 7.00 | 0.00 |
| PIZZA, BIG DADDY PEPP. 8 CUT* | SLICE | 1 | 250 | 390 | 6 | 22.0 | 12.0 | 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 | | | 1636 | 2820 | *87 | 223.77 | 52.05 | 21.45 | 0.00 |
| % of Calories | | | | | *21.2% | 54.7% | 28.6% | 11.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

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Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 2, 2024 thru Sep 30, 2024

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|---------------|-----------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 09/26/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=30.0 | <10.00 | |

| | | | | | | | | | |
|------------------------------|-------------|---|---------|------|--------|--------|--------|--------|-------|
| Mon - 09/30/2024 | | | | | | | | | |
| Middle school - 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 | | | 600-700 | 1360 | | | <=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

Middle school - Lunch

Generated on: 8/19/2024 1:22:59 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------|--------------|-----------|-------------|-----------|---------------|-----------------|----------------|------------------|-------------------------|
| Weighted Average | | | 1978 | 3546 | *96 *43.8% | 256.42 51.8% | 64.01 29.1% | *22.33 *10.2% | *0.14 *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 1978 | | 600 - 700 | 283% | | | 1278 | Correction Required - Calories too High |
| Sodium 1 (mg) | 3546 | | 1360 | | | | 2186 | Correction Required - Sodium too High |
| Sodium 2 (mg) | 3546 | | 1035 | | | | 2511 | Correction Required - Sodium too High |
| Sugars (g) | 96 | 19.45% | | | Missing | | | |
| Carbohydrate (g) | 256.42 | 51.85% | | | | | | |
| Total Fat (g) | 64.01 | 29.12% | <=30.00% | | | | | |
| Saturated Fat (g) | 22.33 | 10.16% | <10.00% | | Missing | | | Correction Required - Sat. Fat too High |
| Trans Fat ¹ (g) | 0.14 | 0.06% | | | Missing | | | |

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