

Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/02/2020							
Elementary Lunch	Total	2					
Chicken Strips Elem C	3 each	1	263	395	16.19	15.17	2.53
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Mashed Potatoes Idahoan	1/2 cup	2	64	248	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	1	35	252	5.0	1.0	0.00
Salad Bar Day 6 Elementary	Serving	2	197	261	39.26	4.43	0.93
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
BBQ Sauce C	Serving	1	35	210	8.0	0.0	0.00
KETCHUP: individual	Pkt 6g	1	9	82	2.47	0.01	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	20.0	1.0	0.00
Weighted Daily Average			722	1487	111.31	18.47	3.51
% of Calories					61.7%	23.0%	4.4%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Tue - 03/03/2020							
Elementary Lunch	Total	2					
Tator Tot Casserole	1 cup	1	283	680	19.93	15.71	4.65
Sub, Ham & Cheese SR	1 Each	1	211	523	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	1	14	169	3.04	0.07	0.01
Salad Bar Day 7 Elementary	Serving	2	176	152	35.24	4.01	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.19	5.56	0.60
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	2.5	0.50
Weighted Daily Average			645	1100	90.31	20.82	5.77
% of Calories					56.0%	29.1%	8.0%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Wed - 03/04/2020							
Elementary Lunch	Total	2					
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	18.0	3.0	0.50
BBQ Rib Sandwich SR C	1 Each	1	307	769	34.0	10.5	3.10
Rice, Cooked	1/2 cup	2	118	5	24.65	0.93	0.19
Salad Bar Day 8 Elementary	Serving	2	145	118	27.55	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
BBQ Sauce C	1 oz	1	35	210	8.0	0.0	0.00
Weighted Daily Average			626	870	103.35	12.15	3.11
% of Calories					66.0%	17.5%	4.5%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Thu - 03/05/2020							
Elementary Lunch	Total	2					
Spaghetti with Meat Sauce SR C	1 cup	1	374	262	48.01	11.06	3.57
Sub, Combo SR	1 Each	1	198	480	25.14	3.93	1.25
Cheesy Peas SR	1/2 cup	1	71	220	12.08	1.32	0.31
Salad Bar Day 9 Elementary	Serving	2	169	113	34.07	4.01	0.87
Milk, Variety SR	cup	2	122	157	21.15	0.47	0.28
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Garlic Toast, Mini WG	Slice	1	70	95	12.0	2.5	0.50

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			673	819	103.93	16.67	4.27
% of Calories					61.8%	22.3%	5.7%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Mon - 03/09/2020							
Elementary Lunch	Total	2					
Cheeseburger on a Bun SR	1 each	1	245	555	21.0	8.0	3.75
Ham & Cheese Pinwheel SR	1 Each	1	259	751	30.7	10.35	4.03
Baked Beans SR	1/2 cup	1	170	245	35.15	0.02	0.00
Salad Bar Day 1 Elementary	Serving	2	195	195	44.68	2.16	0.43
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Pickles Dill Slices	serving	1	3	170	0.51	0.06	0.02
Ketchup Pkts Heinz	1 Each	1	9	82	2.47	0.01	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.29	0.17	0.01
Weighted Daily Average			662	1281	110.89	11.94	4.62
% of Calories					67.0%	16.2%	6.3%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Tue - 03/10/2020							
Elementary Lunch	Total	2					
Corn Dogs - Mini C	6 Each	1	274	757	26.81	9.58	2.39
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Peas & Carrots C	1/2 cup	2	68	107	13.02	0.52	0.07
Salad Bar Day 2 Elementary	Serving	2	171	149	34.12	4.06	0.82
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Ketchup Pkts Heinz	1 Each	1	9	82	2.47	0.01	0.00
Mustard Portion Pac	1 Each	1	4	51	0.5	0.0	0.00
Weighted Daily Average			617	1145	94.63	14.02	3.41
% of Calories					61.3%	20.4%	5.0%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Wed - 03/11/2020							
Elementary Lunch	Total	2					
Chicken Nuggets	5 each	1	317	401	18.75	17.5	3.75
Yogurt Parfait - SR	1 Each	1	238	134	51.12	1.66	0.26
Graham Crackers WG	1 Each	1	90	100	16.0	2.5	0.00
Cheesy Mashed Potatoes SR	1/2 cup	2	101	348	13.47	4.04	1.90
Salad Bar Day 3 Elementary	Serving	2	152	118	29.55	3.91	0.85
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
BBQ Sauce C	1 oz	1	35	210	8.0	0.0	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	20.0	1.0	0.00
Weighted Daily Average			771	1111	121.10	19.76	5.05
% of Calories					62.9%	23.1%	5.9%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

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Thu - 03/12/2020							
Elementary Lunch	Total	2					
Super Nachos - Elementary SR	Serving	1	301	633	19.88	17.25	4.63
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	31.0	6.5	4.50
Spanish Rice SR	1/2 cup	1	127	319	25.21	1.61	0.28
Salad Bar Day 4 Elementary	Serving	2	185	132	37.57	4.11	0.90
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Salsa C	Serving	1	1	4	0.25	0.01	0.00
MAYONNAISE:individual PC	Serving	1	50	40	0.19	5.56	0.60
Weighted Daily Average			676	1222	96.98	20.05	6.19
% of Calories					57.4%	26.7%	8.2%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Fri - 03/13/2020							
Elementary Lunch	Total	2					
Grilled Cheese Sandwich SR	1 Each	1	319	630	33.95	14.9	7.50
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Soup, Tomato, Heinz	1 Cup	1	88	454	19.59	0.0	0.00
Salad Bar Day 5 Elementary	Serving	2	173	146	32.45	4.74	0.97
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Crackers - Saltines WGR	2 Each	1	120	360	18.0	3.0	0.00
Weighted Daily Average			759	1300	106.37	25.16	8.50
% of Calories					56.1%	29.9%	10.1%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Mon - 03/16/2020							
Elementary Lunch	Total	2					
Hot Dog on a Bun	1 each	1	270	820	33.0	10.0	2.00
Sloppy Joes SR	1/3 cup	1	300	596	37.54	10.02	3.24
Mixed Vegetables - Frozen	1/2 CUP	1	59	32	11.91	0.14	0.03
Salad Bar Day 6 Elementary	Serving	2	197	261	39.26	4.43	0.93
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Ketchup Pkts Heinz	Serving	1	9	82	2.47	0.01	0.00
Mustard Portion Pac	Serving	1	4	51	0.5	0.0	0.00
Weighted Daily Average			640	1208	103.12	14.99	3.84
% of Calories					64.4%	21.1%	5.4%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Tue - 03/17/2020							
Elementary Lunch	Total	2					
Pizza, Sausage Tony's WGR	Serving	1	290	470	33.0	10.0	4.50
Sub, Combo SR	1 Each	1	198	480	25.14	3.93	1.25
Corn, Frozen	1/2 cup	2	92	1	21.89	0.76	0.12
Salad Bar Day 7 Elementary	Serving	2	176	152	35.24	4.01	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.19	5.56	0.60
Weighted Daily Average			659	806	107.44	14.99	4.42
% of Calories					65.2%	20.5%	6.0%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

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Wed - 03/18/2020							
Elementary Lunch	Total	2					
Popcorn Chicken C	14 pieces	1	252	372	15.32	14.22	2.74
Sandwich, Turkey & Cheese SR	1 Each	1	270	650	35.5	6.87	2.50
Potato Smiles	1/2 cup	1	130	180	20.0	4.5	0.50
Salad Bar Day 8 Elementary	Serving	2	145	118	27.55	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	1	110	130	20.0	1.0	0.00
BBQ Sauce C	Serving	1	35	210	8.0	0.0	0.00
Margarine	Serving	1	25	40	0.0	2.5	0.50
Ketchup Pkts Heinz	Serving	1	9	82	2.47	0.01	0.00
Weighted Daily Average			682	1107	99.34	19.02	4.24
% of Calories					58.2%	25.1%	5.6%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Thu - 03/19/2020							
Elementary Lunch	Total	2					
Cheese Garlic French Bread	1 Each	1	329	678	29.91	14.95	5.98
Grilled Chicken Sandwich SR	1 Each	1	250	470	24.0	8.5	2.00
Broccoli with Cheese SR	1/2 cup	1	108	422	18.45	2.95	0.72
Salad Bar Day 9 Elementary	Serving	2	169	113	34.07	4.01	0.87
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			635	1055	91.40	17.69	5.51
% of Calories					57.6%	25.1%	7.8%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Fri - 03/20/2020							
Elementary Lunch	Total	2					
Fish Sticks	4 each	1	253	320	21.33	12.0	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Cheesy Mashed Potatoes SR	1/2 cup	1	101	348	13.47	4.04	1.90
Salad Bar Day 10 Elementary	Serving	2	180	131	34.55	4.53	0.91
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Bug Bites, Crackers Graham WGR	1 Each	1	120	115	21.0	3.5	1.00
Weighted Daily Average			740	955	100.59	25.77	7.14
% of Calories					54.4%	31.3%	8.7%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Mon - 03/30/2020							
Elementary Lunch	Total	2					
Chicken & Noodles SR	1 cup	1	280	665	31.0	6.94	1.88
Sub, Ham & Cheese SR	1 Each	1	211	523	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	2	14	169	3.04	0.07	0.01
Salad Bar Day 1 Elementary	Serving	2	195	195	44.68	2.16	0.43
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
MAYONNAISE: individual PC	Serving	1	50	40	0.19	5.56	0.60
MUSTARD: individual PC	Pkt	1	3	55	0.29	0.17	0.01
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	20.0	1.0	0.00

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Weighted Daily Average			658	1228	106.95	13.45	3.73
% of Calories					65.0%	18.4%	5.1%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Tue - 03/31/2020							
Elementary Lunch	Total	2					
Cheese Stuffed Sticks	2 Each	1	310	590	31.0	13.0	7.00
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Crispy Chicken Salad SR	1 Each	1	314	465	23.94	16.87	3.57
Sugar Snap Peas	1/2 cup	1	40	4	6.67	0.0	0.00
Salad Bar Day 2 Elementary	Serving	2	171	149	34.12	4.06	0.82
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Scooby Graham Sticks	1 Each	1	125	118	21.09	3.91	1.02
Weighted Daily Average			707	923	98.88	22.33	7.13
% of Calories					56.0%	28.4%	9.1%
Nutrient Guideline			550-650	1230		<=30.0	<10.00

Weighted Average			679	1101	102.91	17.95	5.03
					60.6%	23.8%	6.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	679		550 - 650	105%			29	Correction Required - Calories too High
Sodium 1 (mg)	1101		1230				166	
Sodium 2 (mg)	1101		935					
Carbohydrate (g)	102.91	60.58%						
Total Fat (g)	17.95	23.78%	<=30.00%					
Saturated Fat (g)	5.03	6.66%	<10.00%					

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