

# Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 03/02/2020</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Super Mexi Tots	Serving	1	372	995	39.0	16.49	5.80
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
BBQ Rib Sandwich SR C/KHS	1 Each	1	348	810	41.7	10.6	3.20
Pizza, Beef- LC 2016	Slice	1	350	750	41.0	14.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Broccoli Cheese	1 Cup	1	146	570	6.6	9.41	5.21
Crackers - Saltines WGR	2 Each	1	120	360	18.0	3.0	0.00
Peas, frozen C	1/2 CUP	3	62	58	11.41	0.22	0.04
Salad Bar KHS - Monday	Serving	10	205	284	42.7	3.39	0.75
Juice	1 cup	4	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	21.15	0.47	0.28
Bread Basket	1 Each	3	65	111	12.0	1.25	0.13
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Weighted Daily Average			736	1249	117.27	16.63	5.84
% of Calories					63.8%	20.3%	7.1%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

<b>Tue - 03/03/2020</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Potatoes N More SR	Servings	1	323	1016	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Breaded Chicken Sand Spicy	1 each	1	362	617	38.9	15.0	2.70
Pizza, Homemade Taco	Slices	1	369	843	33.99	14.96	6.87
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Max Stix	4 Each	1	600	1560	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Vegetable Beef	1 Cup	4	159	501	14.09	5.28	1.92
Corn, Frozen	1/2 cup	3	92	1	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	228	178	46.41	5.3	1.14
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Juice	1 cup	3	120	0	28.0	0.0	0.00
Bread Basket	1 Each	1	65	111	12.0	1.25	0.13
Weighted Daily Average			793	1308	120.33	21.22	6.48
% of Calories					60.7%	24.1%	7.3%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/04/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Burrito WG	1 each	1	310	590	37.0	12.0	3.50
Cheese Sauce Nacho Lasco	1/4 cup	1	60	382	7.0	2.5	1.00
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Hot Dog on a Bun - Secondary	1 each	1	100	170	20.0	1.0	0.00
Pizza Hut - Cheese Pizza	Slice	1	320	640	36.01	12.0	6.99
Pizza Hut - Pepperoni Pizza	Slice	1	350	740	35.0	16.0	7.80
Cheese Garlic French Bread	1 Each	1	329	678	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Refried Beans SR	1/2 cup	5	134	211	19.9	2.02	1.35
Potato Bacon Soup	1 Cup	3	388	1231	32.28	14.08	5.88
Salad Bar KHS - Wednesday	Serving	10	199	167	38.84	5.15	1.09
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Juice	1 cup	3	120	0	28.0	0.0	0.00
Salsa C	Serving	1	1	4	0.25	0.01	0.00
Sour Cream	servng	1	10	14	0.5	0.62	0.50
Olives, Ripe, Canned Black	1 oz	1	33	208	1.77	3.03	0.40
Peppers Jalepenos, Canned	1 oz	1	10	419	2.12	0.27	0.02
Bread Basket	1 Each	1	65	111	12.0	1.25	0.13
Weighted Daily Average			809	1473	116.18	21.81	7.90
% of Calories					57.5%	24.3%	8.8%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Thu - 03/05/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Turkey & Noodles SR	1 cup	1	280	718	36.67	6.09	1.81
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Swiss Mushroom Burger	1 each	1	317	781	34.98	9.36	3.27
Pizza, Homemade Chic Bac Ranch	Slices	1	395	729	28.68	19.58	7.71
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	46.5	19.5	10.50
Soup, Taco with Rice	1 cup	4	153	485	21.59	3.85	1.89
Green Beans C	1/2 cup	3	24	299	5.37	0.12	0.02
Salad Bar KHS - Thursday	Serving	10	248	178	51.62	5.26	1.12
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Juice	1 cup	3	120	0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Bread Basket	1 Each	1	65	111	12.0	1.25	0.13
Weighted Daily Average			774	1305	121.80	18.76	6.47
% of Calories					63.0%	21.8%	7.5%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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High School Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 03/09/2020</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Buffalo Popcorn Chicken SR	Serving	1	224	839	14.39	13.59	3.20
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Hot Ham & Cheese SR Second	1 Each	1	276	824	36.08	8.6	3.55
Pizza, Beef- LC 2016	Slice	1	350	750	41.0	14.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Chicken Noodle	1 Cup	5	84	60	10.8	1.43	0.33
Tator Tots C	1/2 cup	1	130	310	16.0	6.0	1.00
Corn, Chuckwagon	1/2 cup	5	93	0	20.0	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	42.7	3.39	0.75
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Juice	1 cup	4	120	0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Bread Basket	1 Each	1	65	111	12.0	1.25	0.13
Margarine	Serving	3	25	40	0.0	2.5	0.50
Weighted Daily Average			749	1153	119.95	16.55	5.44
% of Calories					64.1%	19.9%	6.5%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

<b>Tue - 03/10/2020</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Crispito	2 Each	1	540	740	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Swiss Mushroom Chicken Sandwic	1 each	1	337	841	35.98	11.36	3.26
Pizza, Homemade Pepperoni	Slices	1	395	760	30.5	19.5	9.00
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Max Stix	4 Each	1	600	1560	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Cheeseburger	1 Cup	3	241	811	20.23	12.26	4.17
Spanish Rice SR	1/2 cup	3	127	319	25.21	1.61	0.28
Salad Bar KHS - Tuesday	Serving	10	228	178	46.41	5.3	1.14
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Bread Basket	1 Each	5	65	111	12.0	1.25	0.13
Margarine	Serving	2	25	40	0.0	2.5	0.50
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Weighted Daily Average			865	1485	126.85	25.57	7.71
% of Calories					58.7%	26.6%	8.0%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/11/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Chicken Drumstick WG Brd - Tys	2 Each	1	380	1080	10.0	22.0	5.00
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Pizza Burger	1 each	1	366	1011	36.08	13.79	5.78
Pizza Hut - Sausage	Slice	1	370	780	35.0	18.0	8.00
Pizza Hut - Cheese Pizza	Slice	1	320	640	36.01	12.0	6.99
Cheese Garlic French Bread	1 Each	1	329	678	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Corn Chowder	1 Cup	4	159	672	21.63	5.17	1.98
Mashed Potatoes Idahoan	1/2 cup	5	64	248	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	4	35	252	5.0	1.0	0.00
Asparagus	1/2 cup	2	16	3	1.73	0.38	0.09
Salad Bar KHS - Wednesday	Serving	10	199	167	38.84	5.15	1.09
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Bread Basket	1 Each	5	65	111	12.0	1.25	0.13
Margarine	Serving	2	25	40	0.0	2.5	0.50
Weighted Daily Average			794	1579	116.90	22.35	6.97
% of Calories					58.9%	25.4%	7.9%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Thu - 03/12/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Lasagna 20	Serving	1	312	181	26.01	12.57	5.68
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Chicken Cordon Blue Sandwich	1 Each	1	443	722	46.83	15.08	3.67
Pizza, HM, Bacon Cheeseburger	Slices	1	416	1196	33.39	21.17	10.29
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Chicken Tortilla	1 Cup	4	163	551	17.46	2.33	0.43
Mixed Vegetables - Frozen	1/2 CUP	3	59	32	11.91	0.14	0.03
Salad Bar KHS - Thursday	Serving	10	248	178	51.62	5.26	1.12
Bread Basket	1 Each	3	65	111	12.0	1.25	0.13
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Weighted Daily Average			819	1261	125.11	19.79	6.59
% of Calories					61.1%	21.7%	7.2%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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Fri - 03/13/2020							
High School Lunch	Total	11					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Beef Sticks WG	5 Each	1	434	409	23.53	29.73	8.67
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Fish Sandwich SR	1 Each	1	363	507	36.65	14.8	4.00
Pizza Cheese Crunchers Seconda	Serving	1	262	500	26.25	12.5	5.63
Pizza, Fiestada	1 Each	1	340	850	39.0	14.0	6.00
Pepperoni French Bread	1 Each	1	350	680	35.0	16.0	8.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Tomato, Heinz	1 Cup	4	88	454	19.59	0.0	0.00
Green Beans C	1/2 cup	5	24	299	5.37	0.12	0.02
French Fries Oven heat	Serving	3	90	115	14.0	3.0	0.00
Gravy, Country Pioneer	2 oz	3	49	261	5.4	1.62	0.00
Salad Bar KHS - Friday	Serving	10	215	178	42.56	5.22	1.13
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Bread Basket	1 Each	4	65	111	12.0	1.25	0.13
Weighted Daily Average			706	1274	109.27	19.08	5.60
% of Calories					61.9%	24.3%	7.1%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Mon - 03/16/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Tacos KHS	Serving	1	289	604	32.91	9.44	3.26
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Sandwich, Chipotle Ranch Chick	1 Each	1	360	645	35.0	16.0	2.75
Pizza, Pepperoni- LC 2012	Slice	1	270	580	31.0	15.0	5.00
Pizza, Cheese - LC	Slice	1	320	620	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Cream of Chicken Soup	1 Cup	4	140	367	11.23	4.72	1.61
Potato Smiles	1/2 cup	5	130	180	20.0	4.5	0.50
Sugar Snap Peas	1/2 cup	5	40	4	6.67	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	42.7	3.39	0.75
Juice	1 cup	4	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Salsa C	Serving	1	1	4	0.25	0.01	0.00
Sour Cream	serving	1	10	14	0.5	0.62	0.50
Peppers Jalepenos, Canned	1 oz	1	10	419	2.12	0.27	0.02
Olives, Ripe, Canned Black	1 oz	1	33	208	1.77	3.03	0.40
Weighted Daily Average			790	1320	121.69	19.36	5.73
% of Calories					61.6%	22.1%	6.5%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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Tue - 03/17/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Potatoes N More SR	Servings	1	323	1016	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
BBQ Chicken Sandwich SR C	1 Each	1	250	470	24.0	8.5	2.00
Pizza, Homemade BuffaloChicken	Slices	1	406	684	28.88	18.44	7.96
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Max Stix	3 Each	1	450	1170	48.0	21.0	7.50
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Chili SR	1 Cup	1	205	452	19.59	8.05	3.20
Corn, Frozen	1/2 cup	1	92	1	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	228	178	46.41	5.3	1.14
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Bread Basket	1 Each	2	65	111	12.0	1.25	0.13
Weighted Daily Average			715	1094	109.43	19.01	5.85
% of Calories					61.2%	23.9%	7.4%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Wed - 03/18/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Tator Tot Casserole	1 cup	1	283	680	19.93	15.71	4.65
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Cheeseburger, Deluxe	1 Each	1	310	530	30.0	13.5	6.00
Pizza Hut - Beef Pizza	Slice	1	379	1200	36.0	17.4	7.70
Pizza Hut - Cheese Pizza	Slice	1	320	640	36.01	12.0	6.99
Cheese Garlic French Bread	1 Each	1	329	678	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Ham & Bean	1 Cup	3	39	1083	6.33	0.82	0.28
Peas & Carrots C	1/2 cup	5	68	107	13.02	0.52	0.07
Salad Bar KHS - Wednesday	Serving	10	199	167	38.84	5.15	1.09
Juice	1 cup	4	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Bread Basket	1 Each	3	65	111	12.0	1.25	0.13
Margarine	Serving	1	25	40	0.0	2.5	0.50
Weighted Daily Average			713	1397	109.28	18.75	6.17
% of Calories					61.3%	23.7%	7.8%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/19/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Chicken Strips Secondary C	4 Each	1	351	526	21.58	20.23	3.37
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Breaded Beef Sandwich SR C	1 each	1	380	320	38.0	17.5	4.00
Pizza, Homemade Sausage/Pepper	Slices	1	413	747	30.75	20.75	9.25
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
CHICKEN VEGETABLE SOUP	1 CUP	5	88	215	9.41	1.99	0.51
French Fries Oven heat	Serving	1	90	115	14.0	3.0	0.00
Carrots, frozen	1/2 CUP	5	27	43	5.64	0.5	0.09
Salad Bar KHS - Thursday	Serving	10	248	178	51.62	5.26	1.12
Bread Basket	1 Each	4	65	111	12.0	1.25	0.13
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Salsa C	Serving	1	1	4	0.25	0.01	0.00
Sour Cream	serving	1	10	14	0.5	0.62	0.50
Weighted Daily Average			804	1128	122.71	21.33	6.43
% of Calories					61.1%	23.9%	7.2%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Fri - 03/20/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
General Tso's Chicken - Lings	Serving	1	170	361	23.0	3.0	0.50
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	45.0	12.0	2.00
Fish Sandwich SR	1 Each	1	363	507	36.65	14.8	4.00
Pizza, 5" Deep Dish WG Pepperoni	1 Each	1	310	480	38.0	10.0	3.00
Pizza, 5" Deep Dish WG Cheese	1 Each	1	300	440	39.0	9.0	2.50
Pizza, Sausage Tony's WGR	Serving	1	290	470	33.0	10.0	4.50
Chef Salad SR High School	1 Each	1	240	697	27.89	9.5	3.68
Soup, Tomato, Heinz	1 Cup	4	88	454	19.59	0.0	0.00
Mixed Vegetables - California	1/2 CUP	4	59	32	11.91	0.14	0.03
Rice, Cooked	1/2 cup	4	118	5	24.65	0.93	0.19
Salad Bar KHS - Friday	Serving	10	215	178	42.56	5.22	1.13
Juice	1 cup	3	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Bread Basket	1 Each	3	65	111	12.0	1.25	0.13
Weighted Daily Average			755	1074	126.04	15.82	4.44
% of Calories					66.7%	18.8%	5.3%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School 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 - 03/30/2020							
High School Lunch	Total	11					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Sloppy Joes SR	1/3 cup	1	300	596	37.54	10.02	3.24
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
BBQ Rib Sandwich SR C/KHS	1 Each	1	348	810	41.7	10.6	3.20
Pizza, Beef- LC 2016	Slice	1	350	750	41.0	14.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	30.0	10.0	5.00
Marinara Sauce C	1/8 cup	1	18	28	2.27	0.91	0.23
Baked Beans SR	1/2 cup	5	170	245	35.15	0.02	0.00
Cauliflower with Cheese SR	1/2 cup	1	68	236	11.95	1.76	0.40
Soup, Broccoli Cheese	1 Cup	5	146	570	6.6	9.41	5.21
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Salad Bar KHS - Monday	Serving	10	205	284	42.7	3.39	0.75
Juice	1 cup	4	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Crackers - Saltines WGR	3 Each	1	180	540	27.0	4.5	0.00
Bread Basket	1 Each	2	65	111	12.0	1.25	0.13
Weighted Daily Average			763	1396	119.16	17.80	6.79
% of Calories					62.4%	21.0%	8.0%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

Tue - 03/31/2020							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	294	1083	34.58	10.32	4.48
Crispito	2 Each	1	540	740	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	470	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Breaded Chicken Sand Spicy	1 each	1	362	617	38.9	15.0	2.70
Pizza, Homemade Pepperoni	Slices	1	395	760	30.5	19.5	9.00
Pizza, Homemade Cheese	Slices	1	301	744	31.52	10.57	4.55
Max Stix	3 Each	1	450	1170	48.0	21.0	7.50
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Mixed Vegetables - Frozen	1/2 CUP	5	59	32	11.91	0.14	0.03
Soup, Vegetable Beef	1 Cup	5	159	501	14.09	5.28	1.92
Salad Bar KHS - Tuesday	Serving	10	228	178	46.41	5.3	1.14
Juice	1 cup	5	120	0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	21.15	0.47	0.28
Salsa C	Serving	1	1	4	0.25	0.01	0.00
Sour Cream	serving	1	10	14	0.5	0.62	0.50
Olives, Ripe, Canned Black	.5 oz	1	16	104	0.89	1.51	0.20
Peppers Jalepenos, Canned	.5 oz	1	5	210	1.06	0.14	0.01
Crackers - Saltines WGR	3 Each	1	180	540	27.0	4.5	0.00
Breadsticks Rich's	1 Each	1	60	110	11.0	1.0	0.00
Weighted Daily Average			863	1374	128.08	23.32	6.79
% of Calories					59.3%	24.3%	7.1%
Nutrient Guideline			750-850	1420		<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			778	1304	119.38 61.4%	19.82 22.9%	6.32 7.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	778		750 - 850	100%				
Sodium 1 (mg)	1304		1420					
Sodium 2 (mg)	1304		1080				224	
Carbohydrate (g)	119.38	61.38%						
Total Fat (g)	19.82	22.93%	<=30.00%					
Saturated Fat (g)	6.32	7.32%	<10.00%					

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