

# Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Middle 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>							
Middle School Lunch	Total	3					
BBQ Pulled Pork Sandwich SR	1 Each	1	303	954	35.6	8.73	2.50
Taquitos Chicken & Cheese EI M	2 Each	1	280	800	30.0	12.0	3.00
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Au Gratin Potatoes	1/2 cup	2	130	670	25.0	2.0	0.50
Salad Bar Day 6 Secondary	Serving	2	293	417	60.9	5.14	1.08
Milk, Variety SR	1 cup	3	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			677	1663	108.17	15.14	4.03
% of Calories					63.9%	20.1%	5.4%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Tue - 03/03/2020</b>							
Middle School Lunch	Total	3					
Sloppy Joes SR	1/3 cup	1	300	596	37.54	10.02	3.24
Beef & Noodles WG	1 cup	1	251	83	22.81	8.37	2.86
Wrap, Turkey & Cheese SR	1 Each	1	263	658	31.15	8.88	1.97
Green Beans C	1/2 cup	2	24	299	5.37	0.12	0.02
Salad Bar Day 7 Secondary	Serving	3	350	255	40.68	19.31	3.58
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			719	1005	88.86	28.80	6.47
% of Calories					49.4%	36.0%	8.1%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Wed - 03/04/2020</b>							
Middle School Lunch	Total	3					
Breaded Chicken Sandwich Tyson	1 each	1	350	420	36.0	11.5	2.00
Super Nachos - Secondary SR	Serving	1	381	839	37.5	19.5	4.30
Sub, Combo Secondary SR	1 Each	1	287	763	34.85	6.57	4.50
Refried Beans SR	1/2 cup	2	134	211	19.9	2.02	1.35
Salad Bar Day 8 Secondary	Serving	3	150	132	28.72	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Lettuce, Shredded	serving	1	5	4	1.07	0.05	0.01
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			682	1072	92.87	20.25	5.90
% of Calories					54.5%	26.7%	7.8%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

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<b>Thu - 03/05/2020</b>							
Middle School Lunch	Total	3					
Chicken Strips Secondary C	4 each	1	351	526	21.58	20.23	3.37
Mandarin Orange Chicken - Ling	3.6 oz	1	150	280	19.0	3.0	0.50
Tuna Salad Sandwich	1 Each	1	271	505	34.72	7.7	0.97
Rice, Cooked	1/2 cup	1	118	5	24.65	0.93	0.19
Salad Bar Day 9 Secondary	Serving	3	238	129	50.72	4.26	0.94
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	2	110	130	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	2.5	0.50
Weighted Daily Average			698	772	111.47	16.69	2.97
% of Calories					63.9%	21.5%	3.8%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Mon - 03/09/2020</b>							
Middle School Lunch	Total	3					
Cheeseburger on a Bun SR	1 each	1	245	555	21.0	8.0	3.75
Corn Dogs - Mini C	6 Each	1	274	757	26.81	9.58	2.39
Chicken Fajita Salad SR	1 Each	1	218	1192	14.8	6.93	3.57
French Fries Oven heat	3 OZ	2	270	345	42.0	9.0	0.00
Salad Bar Day 1 Secondary	Serving	3	280	428	57.69	5.0	1.07
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Ketchup Pkts Heinz	3 Each	1	27	245	7.4	0.03	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.29	0.17	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Pickles Dill Slices	serving	1	3	170	0.51	0.06	0.02
Weighted Daily Average			815	1767	123.46	21.42	4.71
% of Calories					60.6%	23.6%	5.2%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Tue - 03/10/2020</b>							
Middle School Lunch	Total	3					
General Tso's Chicken - Lings	Serving	1	170	361	23.0	3.0	0.50
Grilled Chicken Sandwich SR	1 Each	1	250	470	24.0	8.5	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	400	33.91	2.38	0.00
Rice, Cooked	1/2 cup	1	118	5	24.65	0.93	0.19
Mixed Vegetables - California	1/2 CUP	2	59	32	11.91	0.14	0.03
Salad Bar Day 2 Secondary	Serving	3	302	236	45.41	12.15	2.35
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
MUSTARD: individual PC	Pkt	1	3	55	0.29	0.17	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Weighted Daily Average			686	805	102.80	19.40	3.66
% of Calories					59.9%	25.5%	4.8%
Nutrient Guideline			600-700	1360		<=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							
Middle School Lunch	Total	3					
Chicken Nuggets	5 each	1	317	401	18.75	17.5	3.75
BBQ Rib Sandwich SR C	1 Each	1	307	769	34.0	10.5	3.10
Sub, Combo Secondary SR	1 Each	1	287	763	34.85	6.57	4.50
Cheesy Mashed Potatoes SR	1/2 cup	2	101	348	13.47	4.04	1.90
Salad Bar Day 3 Secondary	Serving	3	160	131	31.7	3.9	0.84
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
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Weighted Daily Average			642	1196	86.70	20.29	6.28
% of Calories					54.1%	28.5%	8.8%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

Thu - 03/12/2020							
Middle School Lunch	Total	3					
Chili SR	1 Cup	1	216	299	18.59	9.52	3.43
Tacos Chicken	2 each	1	325	526	39.84	11.16	5.25
Chef Salad SR	1 Each	1	224	574	22.91	8.34	2.07
Spanish Rice SR	1/2 cup	2	127	319	25.21	1.61	0.28
Salad Bar Day 4 Secondary	Serving	3	243	146	52.21	4.31	0.96
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Salsa C	1 OZ	1	1	4	0.25	0.01	0.00
Sour Cream	1 oz	1	10	14	0.5	0.62	0.50
Lettuce, Shredded	1/2 cup	1	3	2	0.53	0.03	0.00
Shredded Cheese C	serving	1	81	202	1.01	6.07	4.05
Cinnamon Roll 1.2oz Baker Boy	1 Each	2	100	140	17.0	2.5	1.00
Weighted Daily Average			762	1097	122.33	19.28	7.11
% of Calories					64.2%	22.8%	8.4%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

Fri - 03/13/2020							
Middle School Lunch	Total	3					
Pizza, Cheese - LC	Slice	1	320	620	41.0	11.0	6.00
Breaded Chicken Sand Spicy	1 each	1	362	617	38.9	15.0	2.70
Peanut Butter & Jelly Sand C	1 Each	1	300	280	32.0	17.0	3.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Green Beans C	1/2 cup	2	24	299	5.37	0.12	0.02
Salad Bar Day 5 Secondary	Serving	3	213	163	42.73	4.82	0.97
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Garlic Bread	Slices	1	90	200	19.0	1.0	0.00
Weighted Daily Average			695	1106	104.37	21.88	6.41
% of Calories					60.1%	28.3%	8.3%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 03/16/2020</b>							
Middle School Lunch	Total	3					
Potatoes N More SR	Servings	1	323	1016	32.21	14.87	3.69
Hot Ham & Cheese SR	1 Each	1	218	572	25.11	8.26	3.73
Crispy Chicken Salad SR	1 Each	1	314	465	23.94	16.87	3.57
Corn, frozen yellow C	1/2 CUP	2	67	1	15.92	0.55	0.08
Salad Bar Day 6 Secondary	Serving	3	293	417	60.9	5.14	1.08
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
Bread, slice	1 Each	1	80	95	16.0	1.0	0.00
Weighted Daily Average			748	1251	118.10	21.34	5.19
% of Calories					63.1%	25.7%	6.2%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Tue - 03/17/2020</b>							
Middle School Lunch	Total	3					
Chicken Strips Secondary C	4 each	1	351	526	21.58	20.23	3.37
Tator Tot Casserole	1 cup	1	283	680	19.93	15.71	4.65
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	31.0	6.5	4.50
Salad Bar Day 7 Secondary	Serving	3	350	255	40.68	19.31	3.58
Green Beans C	1/2 cup	1	24	299	5.37	0.12	0.02
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 Pkts Heinz	Serving	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
Margarine	Serving	1	25	40	0.0	2.5	0.50
Weighted Daily Average			796	1305	90.90	34.98	8.12
% of Calories					45.6%	39.5%	9.2%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

<b>Wed - 03/18/2020</b>							
Middle School Lunch	Total	3					
Crispito	2 Each	1	540	740	46.0	28.0	6.00
Pig in a Blanket - Second SR	1 Each	1	350	1068	13.3	27.5	10.30
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	32.0	6.0	4.50
Broccoli with Cheese SR	1/2 cup	2	108	422	18.45	2.95	0.72
Salad Bar Day 8 Secondary	Serving	3	150	132	28.72	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Salsa C	1 OZ	1	1	4	0.25	0.01	0.00
Sour Cream	1 oz	1	10	14	0.5	0.62	0.50
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.19	5.56	0.60
Weighted Daily Average			697	1290	85.86	28.83	8.81
% of Calories					49.3%	37.2%	11.4%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 03/19/2020</b>							
Middle School Lunch	Total	3					
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	30.0	10.0	5.00
Marinara Sauce C	1/4 cup	1	36	57	4.54	1.81	0.45
Chicken Teriyaki KHS	5.6 ounce	1	260	960	20.0	7.0	2.00
Rice, Cooked	1/2 cup	2	118	5	24.65	0.93	0.19
Chicken Wrap SR	1 Each	1	177	291	20.28	7.78	2.55
Salad Bar Day 9 Secondary	Serving	3	238	129	50.72	4.26	0.94
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			650	813	106.19	14.06	4.59
% of Calories					65.4%	19.5%	6.4%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 03/20/2020</b>							
Middle School Lunch	Total	3					
Pizza Hut - Pepperoni Pizza	Slice	1	350	740	35.0	16.0	7.80
Shrimp Breaded WGR- Oven Crunc	14 each	1	190	290	18.0	9.0	1.50
Peanut Butter & Jelly Sand C	1 Each	1	300	280	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
Mixed Vegetables - California	1/2 CUP	3	59	32	11.91	0.14	0.03
Salad Bar Day 10 Secondary	Serving	3	172	174	33.67	4.11	0.81
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
Sour Cream	serving	1	10	14	0.5	0.62	0.50
Goldfish, Giant Graham Cracker	1 Each	1	120	110	19.0	4.0	1.00
Weighted Daily Average			667	814	100.93	20.10	5.63
% of Calories					60.5%	27.1%	7.6%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 03/30/2020</b>							
Middle School Lunch	Total	3					
Chicken & Noodles SR	1 cup	1	280	665	31.0	6.94	1.88
Breaded Beef Sandwich SR C	each	1	380	320	38.0	17.5	4.00
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	32.0	6.0	4.50
Green Beans, canned	1/2 CUP	2	14	169	3.04	0.07	0.01
Salad Bar Day 1 Secondary	Serving	3	280	428	57.69	5.0	1.07
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	1.5 oz each	1	110	130	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	2.5	0.50
Weighted Daily Average			729	1194	114.21	18.53	5.10
% of Calories					62.6%	22.9%	6.3%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

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Tue - 03/31/2020							
Middle School Lunch	Total	3					
Pizza, Fiestada	1 Each	1	340	850	39.0	14.0	6.00
Grilled Cheese Sandwich SR	Servings	1	319	630	33.95	14.9	7.50
Crispy Chicken Salad SR	1 Each	1	314	465	23.94	16.87	3.57
Soup, Tomato, Heinz	1 Cup	1	88	454	19.59	0.0	0.00
Salad Bar Day 2 Secondary	Serving	3	302	236	45.41	12.15	2.35
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Crackers - Saltines WGR	Package	1	60	180	9.0	1.5	0.00
Lettuce, Shredded	serving	1	5	4	1.07	0.05	0.01
Shredded Cheese C	serving	1	81	202	1.01	6.07	4.05
Tomatoes, Fresh	1/4 cup	1	8	2	1.75	0.09	0.01
Weighted Daily Average			789	1269	102.61	30.29	9.59
% of Calories					52.0%	34.6%	10.9%
Nutrient Guideline			600-700	1360		<=30.0	<10.00

Weighted Average			716	1151	103.74	21.96	5.91
					58.0%	27.6%	7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	716		600 - 700	102%			16	Correction Required - Calories too High
Sodium 1 (mg)	1151		1360					
Sodium 2 (mg)	1151		1035				116	Correction Required - Sodium too High
Carbohydrate (g)	103.74	57.97%						
Total Fat (g)	21.96	27.60%	<=30.00%					
Saturated Fat (g)	5.91	7.43%	<10.00%					

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