

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 11/28/2018 10:54:00 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Mon - 12/03/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Cheeseburger on a Bun SR | 1 each | 1 | 245 | 21.5 | 21.0 | 8.0 | 3.75 |
| Ham & Cheese Pinwheel SR | 1 Each | 1 | 259 | 14.43 | 30.7 | 10.35 | 4.03 |
| Baked Beans SR | 1/2 cup | 1 | 170 | 8.64 | 35.15 | 0.02 | 0.00 |
| Salad Bar Day 1 Elementary | Serving | 2 | 241 | 4.45 | 47.28 | 5.0 | 1.07 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Pickles Dill Slices | serving | 1 | 3 | 0.11 | 0.51 | 0.06 | 0.02 |
| Ketchup Pkts Heinz | 1 Each | 1 | 9 | 0.09 | 2.47 | 0.01 | 0.00 |
| MUSTARD: individual PC | Pkt | 1 | 3 | 0.19 | 0.29 | 0.17 | 0.01 |
| Weighted Daily Average | | | 708 | 34.92 | 113.16 | 14.86 | 5.30 |
| % of Calories | | | | 19.7% | 64.0% | 18.9% | 6.7% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|----------------------------|---------|---|---------|-------|-------|--------|--------|
| Tue - 12/04/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Corn Dogs - Mini C | 6 Each | 1 | 274 | 10.53 | 26.81 | 9.58 | 2.39 |
| Chef Salad SR | 1 Each | 1 | 224 | 17.99 | 22.91 | 8.34 | 2.06 |
| Peas & Carrots C | 1/2 cup | 2 | 68 | 3.63 | 13.02 | 0.52 | 0.07 |
| Salad Bar Day 2 Elementary | Serving | 2 | 170 | 2.88 | 32.88 | 4.0 | 0.82 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Ketchup Pkts Heinz | 1 Each | 1 | 9 | 0.09 | 2.47 | 0.01 | 0.00 |
| Mustard Portion Pac | 1 Each | 1 | 4 | 0.3 | 0.5 | 0.0 | 0.00 |
| Weighted Daily Average | | | 615 | 28.97 | 93.06 | 14.04 | 3.44 |
| % of Calories | | | | 18.8% | 60.5% | 20.5% | 5.0% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|------------------------------|---------|---|---------|-------|-------|--------|--------|
| Thu - 12/06/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Super Nachos - Elementary SR | Serving | 1 | 301 | 16.79 | 19.88 | 17.25 | 4.63 |
| Sub, Roast Beef & Cheese SR | 1 Each | 1 | 258 | 20.75 | 31.0 | 6.5 | 4.50 |
| Spanish Rice SR | 1/2 cup | 1 | 127 | 2.84 | 25.21 | 1.61 | 0.28 |
| Salad Bar Day 4 Elementary | Serving | 2 | 173 | 2.73 | 33.84 | 4.06 | 0.86 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Salsa C | Serving | 1 | 20 | 0.85 | 3.97 | 0.11 | 0.02 |
| MAYONNAISE:individual PC | Serving | 1 | 50 | 0.08 | 0.19 | 5.56 | 0.60 |
| Weighted Daily Average | | | 673 | 31.39 | 94.78 | 20.12 | 6.21 |
| % of Calories | | | | 18.7% | 56.4% | 26.9% | 8.3% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|----------------------------|---------|---|-----|------|-------|------|------|
| Fri - 12/07/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Grilled Cheese Sandwich SR | 1 Each | 1 | 319 | 16.4 | 33.95 | 14.9 | 7.50 |
| PB&J Uncrustable | 1 each | 1 | 320 | 9.0 | 33.0 | 16.0 | 3.00 |
| String Cheese C | 1 each | 1 | 80 | 6.0 | 1.0 | 6.0 | 4.00 |
| Soup, Tomato, Heinz | 1 Cup | 1 | 88 | 1.96 | 19.59 | 0.0 | 0.00 |
| Salad Bar Day 5 Elementary | Serving | 2 | 164 | 3.12 | 30.22 | 4.37 | 0.94 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Crackers - Saltines WGR | 3 Each | 1 | 180 | 3.0 | 27.0 | 4.5 | 0.00 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 11/28/2018 10:54:00 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------------|--------------|-----------|-------------|----------------|-----------------|----------------|--------------|
| Weighted Daily Average % of Calories | | | 779 | 29.30 15.0% | 108.31 55.6% | 25.62 29.6% | 8.52 9.8% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| Mon - 12/10/2018 | | | | | | | |
|--------------------------------------|---------|---|---------|----------------|-----------------|----------------|--------------|
| Elementary Lunch | Total | 2 | | | | | |
| Hot Dog on a Bun | 1 each | 1 | 270 | 13.0 | 33.0 | 10.0 | 2.00 |
| Sloppy Joes SR | 1/3 cup | 1 | 300 | 15.98 | 37.54 | 10.05 | 3.25 |
| Mixed Vegetables - Frozen | 1/2 CUP | 1 | 59 | 2.6 | 11.91 | 0.14 | 0.03 |
| Salad Bar Day 6 Elementary | Serving | 2 | 220 | 2.76 | 44.57 | 4.44 | 0.93 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Ketchup Pkts Heinz | Serving | 1 | 9 | 0.09 | 2.47 | 0.01 | 0.00 |
| Mustard Portion Pac | Serving | 1 | 4 | 0.3 | 0.5 | 0.0 | 0.00 |
| Weighted Daily Average % of Calories | | | 662 | 26.74 16.1% | 108.10 65.3% | 15.09 20.5% | 3.90 5.3% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| Tue - 12/11/2018 | | | | | | | |
|--------------------------------------|---------|---|---------|----------------|-----------------|----------------|--------------|
| Elementary Lunch | Total | 2 | | | | | |
| Pizza, Sausage Tony's WGR | Serving | 1 | 280 | 15.0 | 34.0 | 10.0 | 3.50 |
| Sub, Combo SR | 1 Each | 1 | 198 | 16.19 | 25.14 | 3.93 | 1.25 |
| Corn, Frozen | 1/2 cup | 2 | 92 | 2.89 | 21.89 | 0.76 | 0.12 |
| Salad Bar Day 7 Elementary | Serving | 2 | 171 | 2.9 | 33.01 | 3.98 | 0.83 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| MAYONNAISE:individual PC | Serving | 1 | 50 | 0.08 | 0.19 | 5.56 | 0.60 |
| Weighted Daily Average % of Calories | | | 648 | 29.43 18.2% | 105.38 65.0% | 15.03 20.9% | 3.95 5.5% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| Wed - 12/12/2018 | | | | | | | |
|--------------------------------------|-------------|---|---------|----------------|----------------|----------------|--------------|
| Elementary Lunch | Total | 2 | | | | | |
| Popcorn Chicken C | 14 pieces | 1 | 269 | 18.0 | 20.0 | 13.0 | 3.00 |
| Sandwich, Turkey & Cheese SR | 1 Each | 1 | 270 | 21.06 | 35.5 | 6.87 | 2.50 |
| Potato Smiles | 1/2 cup | 1 | 130 | 2.0 | 20.0 | 4.5 | 0.50 |
| Salad Bar Day 8 Elementary | Serving | 2 | 138 | 1.46 | 25.52 | 3.93 | 0.84 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Dinner Roll WGR Bimbo Bakeries | 1.5 oz each | 1 | 110 | 4.0 | 20.0 | 1.0 | 0.00 |
| BBQ Sauce C | Serving | 1 | 35 | 0.0 | 8.0 | 0.0 | 0.00 |
| Margarine | Serving | 1 | 25 | 0.0 | 0.0 | 2.5 | 0.50 |
| Ketchup Pkts Heinz | Serving | 1 | 9 | 0.09 | 2.47 | 0.01 | 0.00 |
| Weighted Daily Average % of Calories | | | 684 | 32.03 18.7% | 99.32 58.1% | 18.42 24.2% | 4.42 5.8% |
| Nutrient Guideline | | | 550-650 | | | <=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 11/28/2018 10:54:00 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Thu - 12/13/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Cheese Garlic French Bread | 1 Each | 1 | 329 | 17.94 | 29.91 | 14.95 | 5.98 |
| Grilled Chicken Sandwich SR | 1 Each | 1 | 250 | 20.0 | 24.0 | 8.5 | 2.00 |
| Broccoli with Cheese SR | 1/2 cup | 1 | 108 | 5.61 | 18.45 | 2.95 | 0.72 |
| Salad Bar Day 9 Elementary | Serving | 2 | 163 | 1.64 | 31.63 | 3.95 | 0.85 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 628 | 31.42 | 88.63 | 17.70 | 5.53 |
| % of Calories | | | | 20.0% | 56.4% | 25.4% | 7.9% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|--------------------------------|---------|---|---------|-------|-------|--------|--------|
| Fri - 12/14/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Chicken Drumstick WG Brd - Tys | Piece | 1 | 190 | 16.0 | 5.0 | 11.0 | 2.50 |
| PB&J Uncrustable | 1 each | 1 | 320 | 9.0 | 33.0 | 16.0 | 3.00 |
| String Cheese C | 1 each | 1 | 80 | 6.0 | 1.0 | 6.0 | 4.00 |
| Mashed Potatoes Idahoan | 1/2 cup | 1 | 64 | 1.6 | 13.62 | 0.8 | 0.00 |
| Gravy, Chicken Lasco | 1/4 cup | 1 | 35 | 1.0 | 5.0 | 1.0 | 0.00 |
| Salad Bar Day 10 Elementary | Serving | 2 | 164 | 3.39 | 30.11 | 4.45 | 0.90 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 631 | 28.19 | 79.74 | 22.40 | 5.98 |
| % of Calories | | | | 17.9% | 50.6% | 32.0% | 8.5% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|----------------------------|---------|---|---------|-------|-------|--------|--------|
| Mon - 12/17/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Chicken & Noodles SR | 1 cup | 1 | 280 | 21.93 | 31.0 | 6.94 | 1.88 |
| Sub, Ham & Cheese SR | 1 Each | 1 | 211 | 12.88 | 24.68 | 7.83 | 3.52 |
| Green Beans, canned | 1/2 CUP | 2 | 14 | 0.81 | 3.04 | 0.07 | 0.01 |
| Salad Bar Day 1 Elementary | Serving | 2 | 241 | 4.45 | 47.28 | 5.0 | 1.07 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| MAYONNAISE: individual PC | Serving | 1 | 50 | 0.08 | 0.19 | 5.56 | 0.60 |
| MUSTARD: individual PC | Pkt | 1 | 3 | 0.19 | 0.29 | 0.17 | 0.01 |
| Weighted Daily Average | | | 648 | 30.80 | 99.22 | 15.87 | 4.42 |
| % of Calories | | | | 19.0% | 61.2% | 22.0% | 6.1% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|----------------------------|---------|---|---------|-------|-------|--------|--------|
| Tue - 12/18/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Cheese Stuffed Sticks | 2 Each | 1 | 310 | 18.0 | 31.0 | 13.0 | 7.00 |
| Marinara Sauce C | 1/4 cup | 1 | 36 | 0.45 | 4.54 | 1.81 | 0.45 |
| Crispy Chicken Salad SR | 1 Each | 1 | 314 | 18.74 | 23.94 | 16.87 | 3.57 |
| Cauliflower with Cheese SR | 1/4 cup | 1 | 34 | 1.72 | 5.98 | 0.88 | 0.20 |
| Salad Bar Day 2 Elementary | Serving | 2 | 170 | 2.88 | 32.88 | 4.0 | 0.82 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Scooby Graham Sticks | 1 Each | 1 | 125 | 1.73 | 21.09 | 3.91 | 1.02 |
| Weighted Daily Average | | | 701 | 31.20 | 96.97 | 22.79 | 7.27 |
| % of Calories | | | | 17.8% | 55.3% | 29.3% | 9.3% |
| Nutrient Guideline | | | 550-650 | | | <=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 11/28/2018 10:54:00 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Wed - 12/19/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Breaded Chicken Sandwich Tyson | 1 each | 1 | 350 | 27.0 | 36.0 | 11.5 | 2.00 |
| Sub, Combo SR | 1 Each | 1 | 198 | 16.19 | 25.14 | 3.93 | 1.25 |
| French Fries Oven heat | 3 oz | 1 | 270 | 3.0 | 42.0 | 9.0 | 0.00 |
| Salad Bar Day 3 Elementary | Serving | 2 | 141 | 1.42 | 26.03 | 3.89 | 0.83 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| MAYONNAISE:individual PC | Serving | 1 | 50 | 0.08 | 0.19 | 5.56 | 0.60 |
| Ketchup Pkts Heinz | Serving | 1 | 9 | 0.09 | 2.47 | 0.01 | 0.00 |
| BBQ Sauce C | Serving | 1 | 35 | 0.0 | 8.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 718 | 32.60 | 103.75 | 19.44 | 3.08 |
| % of Calories | | | | 18.2% | 57.8% | 24.4% | 3.9% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|-------------------------------|---------|---|---------|-------|-------|--------|--------|
| Thu - 12/20/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Italian Dunkers | 1 each | 1 | 334 | 24.8 | 38.44 | 10.04 | 4.02 |
| Sandwich, Roast Beef & Chs SR | 1 Each | 1 | 288 | 24.3 | 32.65 | 9.3 | 4.00 |
| Carrots, frozen | 1/2 CUP | 2 | 27 | 0.42 | 5.64 | 0.5 | 0.09 |
| Salad Bar Day 4 Elementary | Serving | 2 | 173 | 2.73 | 33.84 | 4.06 | 0.86 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 633 | 35.71 | 95.85 | 14.77 | 5.29 |
| % of Calories | | | | 22.6% | 60.6% | 21.0% | 7.5% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|----------------------------|---------|---|---------|-------|-------|--------|--------|
| Fri - 12/21/2018 | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | |
| Pizza, Cheese Tony's WG | Serving | 1 | 290 | 15.0 | 34.0 | 11.0 | 4.00 |
| PB&J Uncrustable | 1 each | 1 | 320 | 9.0 | 33.0 | 16.0 | 3.00 |
| String Cheese C | 1 each | 1 | 80 | 6.0 | 1.0 | 6.0 | 4.00 |
| Corn, frozen yellow C | 1/2 CUP | 1 | 67 | 2.1 | 15.92 | 0.55 | 0.08 |
| Salad Bar Day 5 Elementary | Serving | 2 | 164 | 3.12 | 30.22 | 4.37 | 0.94 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| MAYONNAISE:individual PC | Serving | 1 | 50 | 0.08 | 0.19 | 5.56 | 0.60 |
| Weighted Daily Average | | | 689 | 27.21 | 93.10 | 24.48 | 7.11 |
| % of Calories | | | | 15.8% | 54.1% | 32.0% | 9.3% |
| Nutrient Guideline | | | 550-650 | | | <=30.0 | <10.00 |

| | | | | | | | |
|------------------|--|--|-----|-------|-------|-------|------|
| Weighted Average | | | 673 | 30.71 | 98.53 | 18.62 | 5.32 |
| | | | | 18.3% | 58.6% | 24.9% | 7.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 673 | | 550 - 650 | 103% | | | 23 | Correction Required - Calories too High |
| Protein (g) | 30.71 | 18.26% | | | | | | |
| Carbohydrate (g) | 98.53 | 58.58% | | | | | | |
| Total Fat (g) | 18.62 | 24.91% | <=30.00% | | | | | |
| Saturated Fat (g) | 5.32 | 7.11% | <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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.