

# Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/03/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Buffalo Popcorn Chicken SR	Serving	1	224	11.19	14.39	13.59	3.20
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
Hot Ham & Cheese SR Second	1 Each	1	289	23.16	32.18	8.14	2.97
Pizza, Beef- LC 2012	Slice	1	330	18.0	34.0	14.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	20.0	32.0	9.0	3.00
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Chicken Noodle	1 Cup	5	85	7.38	10.8	1.43	0.33
Tator Tots C	1/2 cup	1	130	2.0	16.0	6.0	1.00
Corn, Chuckwagon	1/2 cup	5	93	2.67	20.0	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	3.76	42.7	3.39	0.75
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	120	3.75	19.0	3.75	1.38
Margarine	Serving	3	25	0.0	0.0	2.5	0.50
Weighted Daily Average			757	34.93	119.51	16.90	5.33
% of Calories				18.5%	63.1%	20.1%	6.3%
Nutrient Guideline			750-850			<=30.0	<10.00

Tue - 12/04/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Crispito	2 Each	1	540	24.0	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
Grilled Chicken Sandwich SR	1 Each	1	250	20.0	24.0	8.5	2.00
Pizza, Big Daddys Pepperoni	Slice	1	350	19.0	35.0	16.0	6.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	21.0	34.0	16.0	7.00
Max Stix	4 Each	1	600	28.0	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Cheeseburger	1 Cup	3	241	13.54	20.23	12.29	4.18
Spanish Rice SR	1/2 cup	3	127	2.84	25.21	1.61	0.28
Salad Bar KHS - Tuesday	Serving	10	229	2.07	46.41	5.3	1.14
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	5	120	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	0.0	0.0	2.5	0.50
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Weighted Daily Average			889	36.70	130.30	26.89	8.18
% of Calories				16.5%	58.6%	27.2%	8.3%
Nutrient Guideline			750-850			<=30.0	<10.00

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/05/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Chicken Drumstick WG Brd - Tys	2 Each	1	380	32.0	10.0	22.0	5.00
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
Swiss Mushroom Chicken Sandwic	1 each	1	337	25.73	35.98	11.36	3.26
Pizza Hut - Sausage	Slice	1	342	14.18	34.97	16.07	6.50
Pizza Hut - Cheese Pizza	Slice	1	310	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Cheese	1 Cup	4	199	9.54	26.55	6.76	2.56
Mashed Potatoes Idahoan	1/2 cup	5	64	1.6	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	4	35	1.0	5.0	1.0	0.00
Asparagus	1/2 cup	2	16	2.66	1.73	0.38	0.09
Salad Bar KHS - Wednesday	Serving	10	199	1.98	38.84	5.15	1.09
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	5	120	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	0.0	0.0	2.5	0.50
Weighted Daily Average			834	36.58	122.20	24.15	7.50
% of Calories				17.5%	58.6%	26.1%	8.1%
Nutrient Guideline			750-850			<=30.0	<10.00

Thu - 12/06/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Lasagna 20	Serving	1	312	22.04	26.01	12.57	5.68
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Chicken Cordon Blue Sandwich	1 Each	1	373	23.73	33.88	16.51	4.82
Pizza, Homemade Taco	Slices	1	376	27.93	34.25	15.06	6.76
Pizza, Homemade Cheese	Slices	1	330	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	3 Each	1	465	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Chicken Tortilla	1 Cup	4	155	12.69	12.92	2.15	0.39
Mixed Vegetables - Frozen	1/2 CUP	3	59	2.6	11.91	0.14	0.03
Salad Bar KHS - Thursday	Serving	10	248	2.83	51.62	5.26	1.10
Bread Basket	1 Each	3	120	3.75	19.0	3.75	1.38
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Weighted Daily Average			830	37.87	124.43	20.89	7.01
% of Calories				18.3%	60.0%	22.7%	7.6%
Nutrient Guideline			750-850			<=30.0	<10.00

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Fri - 12/07/2018							
High School Lunch	Total	11					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Beef Sticks WG	5 Each	1	434	18.58	23.53	29.73	8.67
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Fish Sandwich SR	1 Each	1	363	18.8	36.65	14.8	4.00
Pizza, Cheese Stf Crst Gilardi	Slice	1	360	18.0	52.0	9.0	3.00
Pizza, Fiestada	1 Each	1	340	17.0	39.0	14.0	6.00
Pepperoni French Bread	1 Each	1	350	18.0	35.0	16.0	8.00
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Tomato, Heinz	1 Cup	4	88	1.96	19.59	0.0	0.00
Green Beans C	1/2 cup	5	24	1.43	5.37	0.12	0.02
French Fries Oven heat	Serving	3	90	1.0	14.0	3.0	0.00
Gravy, Country Pioneer	2 oz	3	49	0.0	5.4	1.62	0.00
Salad Bar KHS - Friday	Serving	10	215	2.51	42.56	5.22	1.13
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	4	120	3.75	19.0	3.75	1.38
Weighted Daily Average			740	28.13	114.48	20.26	5.93
% of Calories				15.2%	61.9%	24.7%	7.2%
Nutrient Guideline			750-850			<=30.0	<10.00

Mon - 12/10/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Tacos KHS	Serving	1	289	20.56	32.91	9.44	3.26
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Sandwich, Chipotle Ranch Chick	1 Each	1	360	22.0	35.0	16.0	2.75
Pizza, Pepperoni- LC 2012	Slice	1	330	17.0	34.0	15.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	20.0	32.0	9.0	3.00
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Cream of Chicken Soup	1 Cup	4	140	14.11	11.23	4.72	1.61
Potato Smiles	1/2 cup	5	130	2.0	20.0	4.5	0.50
Sugar Snap Peas	1/2 cup	5	40	2.67	6.67	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Salsa C	Serving	1	20	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	0.25	0.5	0.62	0.50
Peppers Jalepenos, Canned	1 oz	1	10	0.3	2.12	0.27	0.02
Olives, Ripe, Canned Black	1 oz	1	33	0.24	1.77	3.03	0.40
Weighted Daily Average			804	37.70	122.21	20.02	5.85
% of Calories				18.8%	60.8%	22.4%	6.6%
Nutrient Guideline			750-850			<=30.0	<10.00

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Base Menu Spreadsheet

High School Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/11/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Potatoes N More SR	Servings	1	323	20.4	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
BBQ Chicken Sandwich SR C	1 Each	1	250	20.0	24.0	8.5	2.00
Pizza, Big Daddy's BuffaloChic	Slice	1	390	20.0	35.0	19.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	21.0	34.0	16.0	7.00
Max Stix	3 Each	1	450	21.0	48.0	21.0	7.50
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Chili SR	1 Cup	1	205	13.93	19.59	8.05	3.20
Corn, Frozen	1/2 cup	1	92	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	229	2.07	46.41	5.3	1.14
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Bread Basket	1 Each	2	120	3.75	19.0	3.75	1.38
Weighted Daily Average			734	31.38	112.14	20.26	6.28
% of Calories				17.1%	61.1%	24.8%	7.7%
Nutrient Guideline			750-850			<=30.0	<10.00

Wed - 12/12/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Tator Tot Casserole	1 cup	1	283	14.65	19.93	15.74	4.67
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Cheeseburger, Deluxe	1 Each	1	310	16.0	30.0	13.5	6.00
Pizza Hut - Beef Pizza	Slice	1	379	19.0	36.0	17.4	7.70
Pizza Hut - Cheese Pizza	Slice	1	310	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Ham & Bean	1 Cup	3	39	2.71	6.33	0.82	0.28
Peas & Carrots C	1/2 cup	5	68	3.63	13.02	0.52	0.07
Salad Bar KHS - Wednesday	Serving	10	199	1.98	38.84	5.15	1.09
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	3	120	3.75	19.0	3.75	1.38
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Weighted Daily Average			734	30.28	111.13	20.35	6.72
% of Calories				16.5%	60.6%	25.0%	8.2%
Nutrient Guideline			750-850			<=30.0	<10.00

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Thu - 12/13/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Mexican Taco Dip & Chips	Serving	1	342	18.23	27.16	18.61	6.98
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Breaded Beef Sandwich SR C	1 each	1	380	20.0	38.0	17.5	4.00
Pizza, Homemade Sausage/Pepper	Slices	1	413	21.75	30.75	20.75	9.25
Pizza, Homemade Cheese	Slices	1	330	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	3 Each	1	465	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
CHICKEN VEGETABLE SOUP	1 CUP	5	88	9.3	9.41	1.99	0.51
Refried Beans SR	1/2 cup	1	134	8.97	19.9	2.02	1.35
Carrots, frozen	1/2 CUP	5	27	0.42	5.64	0.5	0.09
Salad Bar KHS - Thursday	Serving	10	248	2.83	51.62	5.26	1.10
Bread Basket	1 Each	4	120	3.75	19.0	3.75	1.38
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Salsa C	Serving	1	20	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	0.25	0.5	0.62	0.50
Weighted Daily Average			840	36.84	127.28	22.98	7.72
% of Calories				17.5%	60.6%	24.6%	8.3%
Nutrient Guideline			750-850			<=30.0	<10.00

Fri - 12/14/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
General Tso's Chicken - Lings	Serving	1	170	11.0	23.0	3.0	0.50
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Fish Sandwich SR	1 Each	1	363	18.8	36.65	14.8	4.00
Pizza, 5" Deep Dish WG Pepperoni	1 Each	1	310	17.0	38.0	10.0	3.00
Pizza, 5" Deep Dish WG Cheese	1 Each	1	300	17.0	39.0	9.0	2.50
Pizza, Sausage Tony's WGR	Serving	1	280	15.0	34.0	10.0	3.50
Chef Salad SR High School	1 Each	1	240	13.7	27.89	9.5	3.66
Soup, Tomato, Heinz	1 Cup	4	88	1.96	19.59	0.0	0.00
Mixed Vegetables - California	1/2 CUP	4	59	2.6	11.91	0.14	0.03
Rice, Cooked	1/2 cup	4	118	2.53	24.65	0.93	0.19
Salad Bar KHS - Friday	Serving	10	215	2.51	42.56	5.22	1.13
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	3	120	3.75	19.0	3.75	1.38
Weighted Daily Average			777	30.45	128.60	17.22	4.84
% of Calories				15.7%	66.2%	20.0%	5.6%
Nutrient Guideline			750-850			<=30.0	<10.00

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Mon - 12/17/2018							
High School Lunch	Total	11					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Sloppy Joes SR	1/3 cup	1	300	15.98	37.54	10.05	3.25
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
BBQ Rib Sandwich SR C/KHS	1 Each	1	348	22.4	41.7	10.6	3.20
Pizza, Beef- LC 2012	Slice	1	330	18.0	34.0	14.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	20.0	32.0	9.0	3.00
Marinara Sauce C	1/8 cup	1	18	0.23	2.27	0.91	0.23
Baked Beans SR	1/2 cup	5	170	8.64	35.15	0.02	0.00
Cauliflower with Cheese SR	1/2 cup	1	68	3.43	11.95	1.76	0.40
Soup, Broccoli Cheese	1 Cup	5	146	10.26	6.6	9.41	5.21
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Salad Bar KHS - Monday	Serving	10	205	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	3 Each	1	180	3.0	27.0	4.5	0.00
Bread Basket	1 Each	2	120	3.75	19.0	3.75	1.38
Weighted Daily Average			775	37.26	119.75	18.40	6.86
% of Calories				19.2%	61.8%	21.4%	8.0%
Nutrient Guideline			750-850			<=30.0	<10.00

Tue - 12/18/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Crispito	2 Each	1	540	24.0	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
Breaded Chicken Sand Spicy	1 each	1	362	20.4	38.9	15.0	2.70
Pizza, Big Daddys Pepperoni	Slice	1	350	19.0	35.0	16.0	6.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	21.0	34.0	16.0	7.00
Max Stix	3 Each	1	450	21.0	48.0	21.0	7.50
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Mixed Vegetables - Frozen	1/2 CUP	5	59	2.6	11.91	0.14	0.03
Soup, Vegetable Beef	1 Cup	5	159	13.46	14.09	5.28	1.92
Salad Bar KHS - Tuesday	Serving	10	229	2.07	46.41	5.3	1.14
Juice	1 cup	5	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Salsa C	Serving	1	20	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	0.25	0.5	0.62	0.50
Olives, Ripe, Canned Black	.5 oz	1	16	0.12	0.89	1.51	0.20
Peppers Jalepenos, Canned	.5 oz	1	5	0.15	1.06	0.14	0.01
Crackers - Saltines WGR	3 Each	1	180	3.0	27.0	4.5	0.00
Breadsticks Rich's	1 Each	1	60	2.0	11.0	1.0	0.00
Weighted Daily Average			870	38.55	129.60	23.68	6.76
% of Calories				17.7%	59.6%	24.5%	7.0%
Nutrient Guideline			750-850			<=30.0	<10.00

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# Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 12/19/2018</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Chicken Strips Secondary C	4 Each	1	351	20.23	21.58	20.23	3.37
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	22.0	44.0	17.0	3.00
Hot Dog on a Bun - Secondary	1 each	1	100	3.0	20.0	1.0	0.00
Pizza Hut - Sausage	Slice	1	342	14.18	34.97	16.07	6.50
Pizza Hut - Cheese Pizza	Slice	1	310	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	17.94	29.91	14.95	5.98
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Soup, Potato Bacon	1 Cup	5	149	7.69	23.9	2.72	1.37
French Fries Oven heat	Serving	1	90	1.0	14.0	3.0	0.00
Sugar Snap Peas	1/2 cup	1	40	2.67	6.67	0.0	0.00
Salad Bar KHS - Wednesday	Serving	10	199	1.98	38.84	5.15	1.09
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Bread Basket	1 Each	2	120	3.75	19.0	3.75	1.38
Crackers - Saltines	3 Each	1	75	0.0	15.0	1.5	0.00
Weighted Daily Average			749	30.70	114.91	19.98	6.09
% of Calories				16.4%	61.4%	24.0%	7.3%
Nutrient Guideline			750-850			<=30.0	<10.00

<b>Thu - 12/20/2018</b>							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Hot Turkey Sandwich	1 Each	1	282	23.84	32.48	7.76	1.61
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	27.0	36.0	11.5	2.00
Swiss Mushroom Burger	1 each	1	317	24.73	34.98	9.36	3.27
Pizza, Homemade Cheese	Slices	1	330	18.5	30.5	13.0	6.50
Pizza, Homemade Pepperoni	Slices	1	395	21.0	30.5	19.5	9.00
Cheese Stuffed Sticks	3 Each	1	465	27.0	46.5	19.5	10.50
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Soup, Taco with Rice	1 cup	1	153	8.32	21.59	3.85	1.89
Mashed Potatoes Idahoan	1/2 cup	5	64	1.6	13.62	0.8	0.00
Gravy, Turkey Pioneer	1/4 cup	5	20	0.0	3.0	0.0	0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	26	2.85	4.92	0.11	0.02
Salad Bar KHS - Thursday	Serving	10	248	2.83	51.62	5.26	1.10
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	3 Each	1	180	3.0	27.0	4.5	0.00
Bread Basket	1 Each	1	120	3.75	19.0	3.75	1.38
Weighted Daily Average			810	34.86	129.07	18.94	6.15
% of Calories				17.2%	63.7%	21.0%	6.8%
Nutrient Guideline			750-850			<=30.0	<10.00

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# Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/21/2018							
High School Lunch	Total	10					
Make a Sub Your Way	1 Each	1	335	20.77	41.42	11.31	4.41
Mac & Cheese WG w/com ch sauce	1 Cup	1	304	15.84	39.27	10.4	6.61
Hamburger on a Bun SR KHS	1 each	1	270	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	each	1	350	27.0	36.0	11.5	2.00
Fish Sandwich SR	1 Each	1	363	18.8	36.65	14.8	4.00
Pizza, Cheese Stf Crst Gilardi	Slice	1	360	18.0	52.0	9.0	3.00
Pizza, Fiestada	1 Each	1	340	17.0	39.0	14.0	6.00
Pepperoni French Bread	1 Each	1	350	18.0	35.0	16.0	8.00
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Soup, Tomato, Heinz	1 Cup	1	88	1.96	19.59	0.0	0.00
Green Beans C	1/2 cup	5	24	1.43	5.37	0.12	0.02
Salad Bar KHS - Friday	Serving	10	215	2.51	42.56	5.22	1.13
Juice	1 cup	4	120	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	3 Each	1	180	3.0	27.0	4.5	0.00
Bread Basket	1 Each	3	120	3.75	19.0	3.75	1.38
Weighted Daily Average			743	30.73	118.11	18.38	5.92
% of Calories				16.5%	63.6%	22.3%	7.2%
Nutrient Guideline			750-850			<=30.0	<10.00

Weighted Average			792	34.20	121.58	20.62	6.48
				17.3%	61.4%	23.4%	7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	792		750 - 850	100%				
Protein (g)	34.20	17.26%						
Carbohydrate (g)	121.58	61.38%						
Total Fat (g)	20.62	23.42%	<=30.00%					
Saturated Fat (g)	6.48	7.35%	<10.00%					

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