

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Middle 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)
Mon - 12/03/2018							
Middle School Lunch	Total	3					
Cheeseburger on a Bun SR	1 each	1	245	21.5	21.0	8.0	3.75
Corn Dogs - Mini C	6 Each	1	274	10.53	26.81	9.58	2.39
Chicken Fajita Salad SR	1 Each	1	218	26.26	14.8	6.93	3.57
French Fries Oven heat	3 OZ	2	270	3.0	42.0	9.0	0.00
Salad Bar Day 1 Secondary	Serving	3	248	4.45	49.12	4.98	1.07
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Ketchup Pkts Heinz	3 Each	1	27	0.28	7.4	0.03	0.00
MUSTARD: individual PC	Pkt	1	3	0.19	0.29	0.17	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	0.08	0.19	5.56	0.60
Pickles Dill Slices	serving	1	3	0.11	0.51	0.06	0.02
Weighted Daily Average			783	31.43	114.67	21.45	4.74
% of Calories				16.1%	58.6%	24.7%	5.5%
Nutrient Guideline			600-700			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/04/2018							
Middle School Lunch	Total	3					
Goulash	1 Cup	1	227	15.05	22.73	9.28	3.37
Grilled Chicken Sandwich SR	1 Each	1	250	20.0	24.0	8.5	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	14.87	33.91	2.38	0.00
Mixed Vegetables - California	1/2 CUP	2	59	2.6	11.91	0.14	0.03
Salad Bar Day 2 Secondary	Serving	3	341	9.86	37.48	19.41	3.58
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	2	110	4.0	20.0	1.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
MUSTARD: individual PC	Pkt	1	3	0.19	0.29	0.17	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	0.08	0.19	5.56	0.60
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Weighted Daily Average			786	36.33	99.67	30.00	5.98
% of Calories				18.5%	50.7%	34.3%	6.8%
Nutrient Guideline			600-700			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/06/2018							
Middle School Lunch	Total	3					
Chili SR	1 Cup	1	217	14.48	18.59	9.55	3.44
Tacos Chicken	2 each	1	325	16.18	39.84	11.16	5.25
Chef Salad SR	1 Each	1	224	17.99	22.91	8.34	2.06
Spanish Rice SR	1/2 cup	2	127	2.84	25.21	1.61	0.28
Salad Bar Day 4 Secondary	Serving	3	203	2.76	42.36	4.17	0.91
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Salsa C	1 OZ	1	20	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	0.25	0.5	0.62	0.50
Lettuce, Shredded	1/2 cup	1	3	0.16	0.53	0.03	0.00
Shredded Cheese C	serving	1	115	7.0	1.0	9.5	6.00
Cinnamon Roll 1.2oz Baker Boy	1 Each	2	100	2.0	17.0	2.5	1.00
Weighted Daily Average			740	30.28	113.49	20.38	7.75
% of Calories				16.4%	61.3%	24.8%	9.4%
Nutrient Guideline			600-700			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/07/2018							
Middle School Lunch	Total	3					
Pizza, Cheese - LC 2012	Slice	1	300	16.0	34.0	12.0	6.00
Breaded Chicken Sand Spicy	1 each	1	362	20.4	38.9	15.0	2.70
Peanut Butter & Jelly Sand C	1 Each	1	300	9.0	32.0	17.0	3.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Green Beans C	1/2 cup	3	24	1.43	5.37	0.12	0.02
Salad Bar Day 5 Secondary	Serving	3	184	3.43	35.83	4.45	0.94
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Weighted Daily Average			677	29.99	97.32	21.79	6.53
% of Calories				17.7%	57.5%	29.0%	8.7%
Nutrient Guideline			600-700			<=30.0	<10.00

Mon - 12/10/2018							
Middle School Lunch	Total	3					
Potatoes N More SR	Servings	1	323	20.4	32.21	14.87	3.69
Hot Ham & Cheese SR	1 Each	1	218	13.95	25.11	8.26	3.73
Crispy Chicken Salad SR	1 Each	1	314	18.74	23.94	16.87	3.57
Corn, frozen yellow C	1/2 CUP	3	67	2.1	15.92	0.55	0.08
Salad Bar Day 6 Secondary	Serving	3	290	4.69	60.08	5.13	1.08
Milk, Variety SR	1 cup	3	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			781	32.52	123.97	21.42	5.36
% of Calories				16.7%	63.5%	24.7%	6.2%
Nutrient Guideline			600-700			<=30.0	<10.00

Tue - 12/11/2018							
Middle School Lunch	Total	3					
Chicken Strips Secondary C	4 each	1	351	20.23	21.58	20.23	3.37
Tator Tot Casserole	1 cup	1	283	14.65	19.93	15.74	4.67
Sub, Roast Beef & Cheese SR	1 Each	1	258	20.75	31.0	6.5	4.50
Salad Bar Day 7 Secondary	Serving	3	351	9.51	40.68	19.31	3.58
GREEN BEANS IN CHEESE SAUCE	1/2 CUP	2	154	11.38	15.75	6.39	3.54
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
BBQ Sauce C	Serving	1	35	0.0	8.0	0.0	0.00
Ketchup Pkts Heinz	Serving	1	9	0.09	2.47	0.01	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Weighted Daily Average			891	42.33	99.39	39.26	10.51
% of Calories				19.0%	44.6%	39.6%	10.6%
Nutrient Guideline			600-700			<=30.0	<10.00

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Wed - 12/12/2018							
Middle School Lunch	Total	3					
Crispito	2 Each	1	540	24.0	46.0	28.0	6.00
Beef Stew	1 Cup	1	215	22.91	15.17	5.58	2.00
Sub, Ham & Cheese-Second SR	1 Each	1	230	13.0	32.0	6.0	4.50
Broccoli with Cheese SR	1/2 cup	2	108	5.61	18.45	2.95	0.72
Salad Bar Day 8 Secondary	Serving	3	150	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Salsa C	1 OZ	1	20	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	0.25	0.5	0.62	0.50
MAYONNAISE:individual PC	Pkt 7g	1	50	0.08	0.19	5.56	0.60
Biscuits WGR	1 each	1	210	5.0	27.0	9.0	4.50
Weighted Daily Average			768	35.48	103.44	24.79	7.69
% of Calories				18.5%	53.8%	29.0%	9.0%
Nutrient Guideline			600-700			<=30.0	<10.00

Thu - 12/13/2018							
Middle School Lunch	Total	3					
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	20.0	32.0	9.0	3.00
Marinara Sauce C	1/4 cup	1	36	0.45	4.54	1.81	0.45
Chicken Teriyaki Stir Fry SR	6 oz	1	165	18.62	15.09	2.32	0.66
Rice, Cooked	1/2 cup	2	118	2.53	24.65	0.93	0.19
Chicken Wrap SR	1 Each	1	177	6.16	20.28	7.78	2.55
Salad Bar Day 9 Secondary	Serving	3	238	2.71	50.72	4.26	0.94
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Weighted Daily Average			665	27.47	111.94	12.40	3.61
% of Calories				16.5%	67.3%	16.8%	4.9%
Nutrient Guideline			600-700			<=30.0	<10.00

Fri - 12/14/2018							
Middle School Lunch	Total	3					
Pizza Hut - Pepperoni Pizza	Slice	1	340	17.0	30.0	17.0	8.40
Super Mexi Tots	Serving	1	372	17.0	39.0	16.49	5.80
Peanut Butter & Jelly Sand C	1 Each	1	300	9.0	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
Mixed Vegetables - California	1/2 CUP	3	59	2.6	11.91	0.14	0.03
Salad Bar Day 10 Secondary	Serving	3	137	1.71	24.56	4.03	0.81
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Salsa C	Serving	1	20	0.85	3.97	0.11	0.02
Sour Cream	servings	1	10	0.25	0.5	0.62	0.50
Weighted Daily Average			695	28.01	98.78	21.79	7.07
% of Calories				16.1%	56.9%	28.2%	9.2%
Nutrient Guideline			600-700			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/17/2018							
Middle School Lunch	Total	3					
Chicken & Noodles SR	1 cup	1	280	21.93	31.0	6.94	1.88
Breaded Beef Sandwich SR C	each	1	380	20.0	38.0	17.5	4.00
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 Secondary	Serving	3	248	4.45	49.12	4.98	1.07
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
MAYONNAISE:individual PC	Serving	1	50	0.08	0.19	5.56	0.60
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	1	110	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Weighted Daily Average			731	32.62	109.92	19.35	4.91
% of Calories				17.9%	60.2%	23.8%	6.0%
Nutrient Guideline			600-700			<=30.0	<10.00

Tue - 12/18/2018							
Middle School Lunch	Total	3					
Pizza, Fiestada	1 Each	1	340	17.0	39.0	14.0	6.00
Grilled Cheese Sandwich SR	Servings	1	319	16.4	33.95	14.9	7.50
Crispy Chicken Salad SR	1 Each	1	314	18.74	23.94	16.87	3.57
Soup, Tomato, Heinz	1 Cup	2	88	1.96	19.59	0.0	0.00
Salad Bar Day 2 Secondary	Serving	3	341	9.86	37.48	19.41	3.58
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	Package	2	60	1.0	9.0	1.5	0.00
Weighted Daily Average			846	34.55	102.71	36.03	9.49
% of Calories				16.3%	48.6%	38.3%	10.1%
Nutrient Guideline			600-700			<=30.0	<10.00

Wed - 12/19/2018							
Middle School Lunch	Total	3					
Lasagna	Serving	1	260	18.36	21.67	10.47	4.74
Burrito WG	1 each	1	310	16.0	37.0	12.0	3.50
Sub, Combo Secondary SR	1 Each	1	287	23.26	34.85	6.57	4.50
Carrots, frozen	1/2 CUP	3	27	0.42	5.64	0.5	0.09
Breadsticks Rich's	1 Each	2	60	2.0	11.0	1.0	0.00
Salad Bar Day 3 Secondary	Serving	3	160	1.82	31.7	3.9	0.84
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
MAYONNAISE:individual PC	Pkt 7g	1	50	0.08	0.19	5.56	0.60
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Cheese Sauce Nacho Lasco	1/4 cup	1	60	1.0	7.0	2.5	1.00
Weighted Daily Average			680	31.14	99.06	18.82	6.20
% of Calories				18.3%	58.3%	24.9%	8.2%
Nutrient Guideline			600-700			<=30.0	<10.00

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Thu - 12/20/2018							
Middle School Lunch	Total	3					
Hot Turkey Sandwich	1 Each	1	282	23.84	32.48	7.76	1.61
Hot Dog Oven Grilled/w Bun	1 each	1	390	13.2	22.3	27.5	10.30
Chicken Fajita Salad SR	1 Each	1	218	26.26	14.8	6.93	3.57
Mashed Potatoes Idahoan	1/2 cup	3	64	1.6	13.62	0.8	0.00
Gravy, Turkey Pioneer	1/4 cup	2	20	0.0	3.0	0.0	0.00
Salad Bar Day 4 Secondary	Serving	3	203	2.76	42.36	4.17	0.91
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	4.0	20.0	1.0	0.00
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
Margarine	Serving	1	25	0.0	0.0	2.5	0.50
Weighted Daily Average			707	32.26	102.70	20.57	6.46
% of Calories				18.2%	58.1%	26.2%	8.2%
Nutrient Guideline			600-700			<=30.0	<10.00

Fri - 12/21/2018							
Middle School Lunch	Total	3					
Pizza Hut - Sausage	Slice	1	342	14.18	34.97	16.07	6.50
Pancakes- Whole Wheat- C	3 each	1	240	5.1	41.1	6.0	0.99
Sausage C	serving	1	75	6.0	1.0	5.0	1.80
Peanut Butter & Jelly Sand C	1 Each	1	300	9.0	32.0	17.0	3.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Potato, Tri Tater	1 Each	2	114	1.14	16.0	4.57	0.57
Salad Bar Day 5 Secondary	Serving	3	184	3.43	35.83	4.45	0.94
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
SYRUP,PANCAKE	Serving	1	46	0.0	12.06	0.0	0.00
Cinnamon Sugared Apples SR	1/2 cup	1	89	0.37	22.98	0.48	0.07
Weighted Daily Average			732	23.07	108.75	24.71	7.00
% of Calories				12.6%	59.4%	30.4%	8.6%
Nutrient Guideline			600-700			<=30.0	<10.00

Weighted Average			749	31.96	106.13	23.77	6.66
				17.1%	56.7%	28.6%	8.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	749		600 - 700	107%			49	Correction Required - Calories too High
Protein (g)	31.96	17.08%						
Carbohydrate (g)	106.13	56.70%						
Total Fat (g)	23.77	28.57%	<=30.00%					
Saturated Fat (g)	6.66	8.01%	<10.00%					

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