

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

Elementary Lunch

Generated on: 1/31/2019 8:40:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019								
Elementary Lunch	Total	2						
Grilled Cheese Sandwich SR	1 Each	1	319	630	16.4	33.95	14.9	7.50
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Soup, Tomato, Heinz	1 Cup	1	88	454	1.96	19.59	0.0	0.00
Salad Bar Day 5 Elementary	Serving	2	208	150	3.66	41.56	4.82	0.97
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Crackers - Saltines	1 Each	1	25	80	0.0	5.0	0.5	0.00
Weighted Daily Average			747	1164	28.34	108.98	23.99	8.51
% of Calories					15.2%	58.4%	28.9%	10.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/04/2019								
Elementary Lunch	Total	2						
Hot Dog on a Bun	1 each	1	270	820	13.0	33.0	10.0	2.00
Sloppy Joes SR	1/3 cup	1	300	596	15.98	37.54	10.05	3.25
Mixed Vegetables - Frozen	1/2 CUP	1	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 6 Elementary	Serving	2	224	262	2.92	46.17	4.49	0.93
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Mustard Portion Pac	Serving	1	4	51	0.3	0.5	0.0	0.00
Weighted Daily Average			667	1209	26.90	110.02	15.06	3.85
% of Calories					16.1%	66.0%	20.3%	5.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 02/05/2019								
Elementary Lunch	Total	2						
Pizza, Sausage Tony's WGR	Serving	1	280	550	15.0	34.0	10.0	3.50
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
Corn, Frozen	1/2 cup	2	92	1	2.89	21.89	0.76	0.12
Salad Bar Day 7 Elementary	Serving	2	177	152	3.0	35.24	4.01	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			655	846	29.53	107.94	14.99	3.92
% of Calories					18.0%	65.9%	20.6%	5.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 02/06/2019								
Elementary Lunch	Total	2						
Popcorn Chicken C	14 pieces	1	269	590	18.0	20.0	13.0	3.00
Sandwich, Turkey & Cheese SR	1 Each	1	270	650	21.06	35.5	6.87	2.50
Potato Smiles	1/2 cup	1	130	180	2.0	20.0	4.5	0.50
Salad Bar Day 8 Elementary	Serving	2	145	118	1.71	27.55	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	1	110	130	4.0	20.0	1.0	0.00
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Weighted Daily Average			691	1216	32.29	101.68	18.41	4.38
% of Calories					18.7%	58.9%	24.0%	5.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 02/07/2019								
Elementary Lunch	Total	2						
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Broccoli with Cheese SR	1/2 cup	1	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 9 Elementary	Serving	2	181	115	2.07	36.08	4.06	0.87
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			647	1057	31.85	93.40	17.74	5.51
% of Calories					19.7%	57.8%	24.7%	7.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019								
Elementary Lunch	Total	2						
Chicken Drumstick WG Brd - Tys	Piece	1	190	540	16.0	5.0	11.0	2.50
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Mashed Potatoes Idahoan	1/2 cup	1	64	248	1.6	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	1	35	252	1.0	5.0	1.0	0.00
Salad Bar Day 10 Elementary	Serving	2	180	131	3.7	34.55	4.53	0.91
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Bug Bites, Crackers Graham WGR	1 Each	1	120	115	2.0	21.0	3.5	1.00
Weighted Daily Average			707	1140	29.50	95.00	24.15	6.44
% of Calories					16.7%	53.7%	30.7%	8.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/11/2019								
Elementary Lunch	Total	2						
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
Sub, Ham & Cheese SR	1 Each	1	211	523	12.88	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	2	14	169	0.81	3.04	0.07	0.01
Salad Bar Day 1 Elementary	Serving	2	200	208	2.92	45.84	2.16	0.43
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
Weighted Daily Average			608	1176	29.26	98.11	12.95	3.73
% of Calories					19.3%	64.6%	19.2%	5.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 02/12/2019								
Elementary Lunch	Total	2						
Cheese Stuffed Sticks	2 Each	1	310	590	18.0	31.0	13.0	7.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Cauliflower with Cheese SR	1/4 cup	1	34	118	1.72	5.98	0.88	0.20
Salad Bar Day 2 Elementary	Serving	2	172	149	2.97	34.12	4.06	0.82
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Scooby Graham Sticks	1 Each	1	125	118	1.73	21.09	3.91	1.02

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			704	980	31.29	98.54	22.77	7.23
% of Calories					17.8%	56.0%	29.1%	9.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 02/13/2019								
Elementary Lunch	Total	2						
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
French Fries Oven heat	3 oz	1	270	345	3.0	42.0	9.0	0.00
Salad Bar Day 3 Elementary	Serving	2	152	118	1.73	29.55	3.91	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
Weighted Daily Average			731	1063	32.91	107.60	19.39	3.04
% of Calories					18.0%	58.9%	23.9%	3.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/18/2019								
Elementary Lunch	Total	2						
Corn Dog	1 Each	1	240	590	9.0	33.0	8.0	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	400	14.87	33.91	2.38	0.00
Mixed Vegetables - California	1/2 CUP	2	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 6 Elementary	Serving	2	224	262	2.92	46.17	4.49	0.93
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Ketchup Pkts Heinz	3 Each	1	27	245	0.28	7.4	0.03	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			664	1116	25.73	116.62	13.17	2.55
% of Calories					15.5%	70.2%	17.8%	3.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/19/2019								
Elementary Lunch	Total	2						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Chicken Flavored Rice SR	1/2 cup	2	119	124	2.52	24.41	1.14	0.23
Salad Bar Day 7 Elementary	Serving	2	177	152	3.0	35.24	4.01	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
KETCHUP: individual	Pkt 6g	1	9	82	0.09	2.47	0.01	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			748	1027	35.18	112.87	19.05	4.25
% of Calories					18.8%	60.3%	22.9%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 02/20/2019								
Elementary Lunch	Total	2						
Hamburger on a Bun SR	1 each	1	230	410	19.0	23.0	6.5	2.00
Cheese Quesadilla SR	1 Each	1	290	670	18.0	31.0	11.0	5.00
Peas, frozen C	1/2 CUP	1	62	58	4.12	11.41	0.22	0.04
Salad Bar Day 8 Elementary	Serving	2	145	118	1.71	27.55	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Pickles Dill Slices	serving	1	3	170	0.11	0.51	0.06	0.02
Ketchup Pkts Heinz	1 Each	1	9	82	0.09	2.47	0.01	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Weighted Daily Average			575	1030	30.89	85.02	13.50	4.67
% of Calories					21.5%	59.1%	21.1%	7.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 02/21/2019								
Elementary Lunch	Total	2						
French Toast Sticks Sunny Fres	3 each	1	210	310	8.0	28.01	7.0	2.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Sub, Ham & Cheese SR	1 Each	1	211	523	12.88	24.68	7.83	3.52
Cinnamon Sugared Apples SR	1/2 cup	2	89	3	0.37	22.98	0.48	0.07
Salad Bar Day 9 Elementary	Serving	2	181	115	2.07	36.08	4.06	0.87
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE: individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			666	819	23.92	107.15	17.71	5.19
% of Calories					14.4%	64.4%	23.9%	7.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 02/22/2019								
Elementary Lunch	Total	2						
Max Stix	2 Each	1	300	780	14.0	32.0	14.0	5.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Green Beans, canned	1/2 CUP	1	14	169	0.81	3.04	0.07	0.01
Salad Bar Day 10 Elementary	Serving	2	180	131	3.7	34.55	4.53	0.91
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Chocolate Chip Cookie WGR 1oz	1 Each	1	105	92	1.62	18.11	3.28	1.09
Weighted Daily Average			740	1144	28.07	103.52	25.64	7.98
% of Calories					15.2%	56.0%	31.2%	9.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/25/2019								
Elementary Lunch	Total	2						
Taquitos Chicken & Cheese EI M	2 Each	1	280	800	16.0	30.0	12.0	3.00
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
Corn, Frozen	1/2 cup	2	92	1	2.89	21.89	0.76	0.12
Salad Bar Day 1 Elementary	Serving	2	200	208	2.92	45.84	2.16	0.43
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Weighted Daily Average			690	1087	30.46	118.67	14.27	3.27
% of Calories					17.7%	68.8%	18.6%	4.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/26/2019								
Elementary Lunch	Total	2						
Beef Sticks WG	4 Each	1	347	327	14.86	18.83	23.78	6.94
Sandwich, Turkey & Cheese SR	1 Each	1	270	650	21.06	35.5	6.87	2.50
Mashed Potatoes Idahoan	1/2 cup	1	64	248	1.6	13.62	0.8	0.00
Gravy, Country Pioneer	2 oz	2	49	261	0.0	5.4	1.62	0.00
Salad Bar Day 2 Elementary	Serving	2	172	149	2.97	34.12	4.06	0.82
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			708	1200	29.77	94.73	24.66	6.13
% of Calories					16.8%	53.5%	31.3%	7.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 02/28/2019								
Elementary Lunch	Total	2						
Tacos Softshell	1 each	1	306	649	21.18	33.35	10.65	3.45
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Graham Crackers WG	Package	1	90	100	2.0	16.0	2.5	0.00
Refried Beans SR	1/2 cup	1	134	211	8.97	19.9	2.02	1.35
Salad Bar Day 3 Elementary	Serving	2	152	118	1.73	29.55	3.91	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Cheez It Crackers WGR	1 Each	1	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average			685	1000	31.73	104.31	16.78	6.02
% of Calories					18.5%	60.9%	22.0%	7.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			684	1075	29.86	103.78	18.48	5.10
					17.5%	60.7%	24.3%	6.7%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	684		550 - 650	105%				34			Correction Required - Calories too High
Sodium 1 (mg)	1075		1230								
Sodium 2 (mg)	1075		935					140			Correction Required - Sodium too High
Protein (g)	29.86	17.45%									
Carbohydrate (g)	103.78	60.66%									
Total Fat (g)	18.48	24.31%	<=30.00%								
Saturated Fat (g)	5.10	6.70%	<10.00%								

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