

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

Middle School Lunch

Generated on: 1/31/2019 8:55:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019								
Middle School Lunch	Total	3						
Pizza, Cheese - LC 2012	Slice	1	300	550	16.0	34.0	12.0	6.00
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar Day 5 Secondary	Serving	3	213	163	3.66	42.73	4.82	0.97
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Garlic Bread	Slices	1	90	200	3.0	19.0	1.0	0.00
Weighted Daily Average			737	1235	31.23	110.88	22.41	6.52
% of Calories					17.0%	60.2%	27.4%	8.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 02/04/2019								
Middle School Lunch	Total	3						
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hot Ham & Cheese SR	1 Each	1	218	572	13.95	25.11	8.26	3.73
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Corn, frozen yellow C	1/2 CUP	1	67	1	2.1	15.92	0.55	0.08
Salad Bar Day 6 Secondary	Serving	3	293	417	4.76	60.9	5.14	1.08
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			699	1219	28.51	107.46	20.83	5.16
% of Calories					16.3%	61.5%	26.8%	6.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 02/05/2019								
Middle School Lunch	Total	3						
Chicken Strips Secondary C	4 each	1	351	526	20.23	21.58	20.23	3.37
Tator Tot Casserole	1 cup	1	283	680	14.65	19.93	15.74	4.67
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	20.75	31.0	6.5	4.50
Salad Bar Day 7 Secondary	Serving	3	351	255	9.51	40.68	19.31	3.58
Green Beans C	1/2 cup	2	24	299	1.43	5.37	0.12	0.02
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
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00

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Middle School Lunch

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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			785	1321	35.70	90.02	34.20	7.96
% of Calories					18.2%	45.9%	39.2%	9.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Wed - 02/06/2019								
Middle School Lunch	Total	3						
Crispito	2 Each	1	540	740	24.0	46.0	28.0	6.00
Beef Stew	1 Cup	1	215	564	22.91	15.17	5.58	2.00
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	13.0	32.0	6.0	4.50
Broccoli with Cheese SR	1/2 cup	2	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 8 Secondary	Serving	3	150	132	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Salsa C	1 OZ	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	14	0.25	0.5	0.62	0.50
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Biscuits WGR	1 each	1	210	340	5.0	27.0	9.0	4.50
Weighted Daily Average			769	1307	35.48	103.77	24.72	7.65
% of Calories					18.5%	54.0%	28.9%	8.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Thu - 02/07/2019								
Middle School Lunch	Total	3						
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	460	20.0	32.0	9.0	3.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Chicken Teriyaki Stir Fry SR	6 oz	1	165	805	18.62	15.09	2.32	0.66
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Chicken Wrap SR	1 Each	1	177	291	6.16	20.28	7.78	2.55
Salad Bar Day 9 Secondary	Serving	3	238	129	2.71	50.72	4.26	0.94
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			625	775	24.81	105.22	12.17	3.47
% of Calories					15.9%	67.4%	17.5%	5.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle School Lunch

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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								
Middle School Lunch	Total	3						
Pizza Hut - Pepperoni Pizza	Slice	1	340	890	17.0	30.0	17.0	8.40
Super Mexi Tots	Serving	1	372	995	17.0	39.0	16.49	5.80
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
Mixed Vegetables - California	1/2 CUP	3	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 10 Secondary	Serving	3	172	174	2.01	33.67	4.11	0.81
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	14	0.25	0.5	0.62	0.50
Goldfish, Giant Graham Cracker	1 Each	1	120	110	1.0	19.0	4.0	1.00
Weighted Daily Average			771	1172	28.65	114.55	23.13	7.36
% of Calories					14.9%	59.4%	27.0%	8.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2019								
Middle School Lunch	Total	3						
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
Breaded Beef Sandwich SR C	each	1	380	320	20.0	38.0	17.5	4.00
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 Secondary	Serving	3	280	428	4.58	57.69	5.0	1.07
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
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	1	110	130	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			723	1218	30.08	111.78	19.14	4.77
% of Calories					16.6%	61.9%	23.8%	5.9%
Nutrient Guideline			600-700	1360			<=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 - 02/12/2019								
Middle School Lunch	Total	3						
Pizza, Fiestada	1 Each	1	340	850	17.0	39.0	14.0	6.00
Grilled Cheese Sandwich SR	Servings	1	319	630	16.4	33.95	14.9	7.50
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Soup, Tomato, Heinz	1 Cup	1	88	454	1.96	19.59	0.0	0.00
Salad Bar Day 2 Secondary	Serving	3	302	236	6.51	45.41	12.15	2.35
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			746	1167	29.88	100.00	27.89	8.23
% of Calories					16.0%	53.6%	33.6%	9.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/13/2019								
Middle School Lunch	Total	3						
Lasagna	Serving	1	260	151	18.36	21.67	10.47	4.74
Burrito WG	1 each	1	310	590	16.0	37.0	12.0	3.50
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Carrots, frozen	1/2 CUP	3	27	43	0.42	5.64	0.5	0.09
Breadsticks Rich's	1 Each	2	60	110	2.0	11.0	1.0	0.00
Salad Bar Day 3 Secondary	Serving	3	160	131	1.82	31.7	3.9	0.84
Milk, Variety SR	1 cup	3	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
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Cheese Sauce Nacho Lasco	1/4 cup	1	60	382	1.0	7.0	2.5	1.00
Weighted Daily Average			680	1060	31.14	99.39	18.74	6.16
% of Calories					18.3%	58.4%	24.8%	8.1%
Nutrient Guideline			600-700	1360			<=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)
Mon - 02/18/2019								
Middle School Lunch	Total	3						
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Sandwich, Turkey & Cheese SR	1 Each	1	270	650	21.06	35.5	6.87	2.50
Peas, frozen C	1/2 CUP	1	62	58	4.12	11.41	0.22	0.04
Salad Bar Day 6 Secondary	Serving	3	293	417	4.76	60.9	5.14	1.08
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
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			741	1156	33.64	114.18	19.10	5.13
% of Calories					18.2%	61.6%	23.2%	6.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 02/19/2019								
Middle School Lunch	Total	3						
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Macaroni & Cheese SR	1 cup	1	318	670	18.32	28.33	14.67	8.12
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Broccoli with Cheese SR	1/2 cup	2	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 7 Secondary	Serving	3	351	255	9.51	40.68	19.31	3.58
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			787	1312	37.02	95.49	32.77	8.67
% of Calories					18.8%	48.5%	37.5%	9.9%
Nutrient Guideline			600-700	1360			<=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)
Wed - 02/20/2019								
Middle School Lunch	Total	3						
Hamburger on a Bun SR	1 each	1	230	410	19.0	23.0	6.5	2.00
Max Stix	3 Each	1	450	1170	21.0	48.0	21.0	7.50
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Baked Beans SR	1/2 cup	2	170	245	8.64	35.15	0.02	0.00
Salad Bar Day 8 Secondary	Serving	3	150	132	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
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
Pickles Dill Slices	serving	1	3	170	0.11	0.51	0.06	0.02
Onions	1/4 cup	1	6	1	0.15	1.31	0.01	0.01
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			727	1355	36.89	111.62	16.52	5.96
% of Calories					20.3%	61.4%	20.5%	7.4%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/21/2019								
Middle School Lunch	Total	3						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
Quesdaila Max Cheese	Piece	1	330	830	16.0	40.0	12.0	3.50
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	13.0	32.0	6.0	4.50
Mashed Potatoes Idahoan	1/2 cup	2	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 9 Secondary	Serving	3	238	129	2.71	50.72	4.26	0.94
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
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			729	1113	27.55	112.54	20.30	5.41
% of Calories					15.1%	61.8%	25.1%	6.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Fri - 02/22/2019								
Middle School Lunch	Total	3						
Pizza, Beef- Little Caesars	Slice	1	390	850	21.0	44.0	15.0	7.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar Day 10 Secondary	Serving	2	172	174	2.01	33.67	4.11	0.81
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
TARTAR SAUCE	2 TBSP	1	76	237	0.4	5.48	6.35	0.61
Weighted Daily Average			667	1222	28.17	94.67	21.05	5.72
% of Calories					16.9%	56.7%	28.4%	7.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 02/25/2019								
Middle School Lunch	Total	3						
Pepperoni French Bread	1 Each	1	350	680	18.0	35.0	16.0	8.00
Chicken Fajita Nachos SR	Serving	1	236	643	13.5	21.5	11.25	1.50
Yogurt Parfait - SR	1 Each	1	267	120	7.1	54.79	2.59	0.40
Corn, frozen yellow C	1/2 CUP	1	67	1	2.1	15.92	0.55	0.08
Salad Bar Day 1 Secondary	Serving	3	280	428	4.58	57.69	5.0	1.07
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Lettuce, Shredded	1/2 cup	1	3	2	0.16	0.53	0.03	0.00
Salsa C	2 OZ	1	40	128	1.7	7.94	0.22	0.03
Sour Cream	1 oz	1	10	14	0.25	0.5	0.62	0.50
Goldfish, Giant Graham Cracker	1 Each	1	120	110	1.0	19.0	4.0	1.00
Weighted Daily Average			726	1098	24.52	123.52	17.07	5.10
% of Calories					13.5%	68.0%	21.2%	6.3%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Tue - 02/26/2019								
Middle School Lunch	Total	3						
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	3.0	0.50
Rice, Cooked	1/2 cup	1	118	5	2.53	24.65	0.93	0.19
BBQ Chicken Sandwich SR C	1 Each	1	250	470	20.0	24.0	8.5	2.00
Sandwich, Roast Beef & Chs SR	1 Each	1	288	967	24.3	32.65	9.3	4.00
Peas, frozen C	1/2 CUP	1	62	58	4.12	11.41	0.22	0.04
Salad Bar Day 2 Secondary	Serving	3	302	236	6.51	45.41	12.15	2.35
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			687	920	32.52	96.47	21.64	4.98
% of Calories					18.9%	56.2%	28.4%	6.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Thu - 02/28/2019								
Middle School Lunch	Total	3						
Tacos Softshell	1 each	1	306	649	21.18	33.35	10.65	3.45
Corn Dog	1 Each	1	240	590	9.0	33.0	8.0	2.00
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Refried Beans SR	1/2 cup	2	134	211	8.97	19.9	2.02	1.35
Salad Bar Day 3 Secondary	Serving	3	160	131	1.82	31.7	3.9	0.84
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Salsa C	1 OZ	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	14	0.25	0.5	0.62	0.50
Lettuce, Shredded	1 serving	1	5	4	0.32	1.07	0.05	0.01
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			678	1137	34.11	101.76	16.25	5.72
% of Calories					20.1%	60.0%	21.6%	7.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			722	1164	31.17 17.3%	105.49 58.4%	21.64 27.0%	6.12 7.6%
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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.

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Kearney Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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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	722		600 - 700	103%				22			Correction Required - Calories too High
Sodium 1 (mg)	1164		1360								
Sodium 2 (mg)	1164		1035					129			Correction Required - Sodium too High
Protein (g)	31.17	17.26%									
Carbohydrate (g)	105.49	58.43%									
Total Fat (g)	21.64	26.97%	<=30.00%								
Saturated Fat (g)	6.12	7.62%	<10.00%								

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
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