

# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 12/18/2018 8:30:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019								
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	220	314	2.76	44.57	4.44	0.93
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
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			660	1168	25.57	114.70	13.19	2.59
% of Calories					15.5%	69.5%	18.0%	3.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 01/08/2019								
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	1	119	124	2.52	24.41	1.14	0.23
Salad Bar Day 7 Elementary	Serving	2	171	204	2.9	33.01	3.98	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
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
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			712	1142	33.83	102.10	19.77	4.42
% of Calories					19.0%	57.3%	25.0%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Portion Values - Detailed

Page 2

Jan 1, 2019 thru Jan 31, 2019

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/09/2019								
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	138	169	1.46	25.52	3.93	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
Pickles Dill Slices	1 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			568	1080	30.63	82.66	13.51	4.71
% of Calories					21.6%	58.2%	21.4%	7.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019								
Elementary Lunch	Total	2						
French Toast Sticks McCain	3 each	1	202	165	3.75	28.5	9.0	2.62
Sausage C	1 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	163	166	1.64	31.63	3.95	0.85
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
MAYONNAISE: individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			643	798	21.37	102.62	18.67	5.53
% of Calories					13.3%	63.8%	26.1%	7.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Jan 1, 2019 thru Jan 31, 2019

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/11/2019								
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	164	181	3.39	30.11	4.45	0.90
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
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			724	1194	27.76	98.75	25.63	8.02
% of Calories					15.3%	54.6%	31.9%	10.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/14/2019								
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	1	92	1	2.89	21.89	0.76	0.12
Salad Bar Day 1 Elementary	Serving	2	241	415	4.45	47.28	5.0	1.07
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
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			685	1293	30.55	108.84	16.81	3.90
% of Calories					17.9%	63.6%	22.1%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 12/18/2018 8:30:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/15/2019								
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	170	201	2.88	32.88	4.0	0.82
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			706	1252	29.68	93.16	24.68	6.17
% of Calories					16.8%	52.8%	31.5%	7.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 01/17/2019								
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	141	168	1.42	26.03	3.89	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Cheeze It Crackers WGR	1 Each	1	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average			673	1050	31.42	100.46	16.83	6.06
% of Calories					18.7%	59.7%	22.5%	8.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 01/18/2019								
Elementary Lunch	Total	2						
Popcorn Chicken C	14 pieces	1	269	590	18.0	20.0	13.0	3.00
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
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Salad Bar Day 5 Elementary	Serving	2	164	199	3.12	30.22	4.37	0.94
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
Animal Crackers WGR Keebler	Package	1	130	110	2.0	21.0	4.0	1.00

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# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 12/18/2018 8:30:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			750	1136	29.62	96.54	27.42	7.27
% of Calories					15.8%	51.5%	32.9%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 01/21/2019								
Elementary Lunch	Total	2						
Chicken Strips Elem C	3 each	1	263	395	15.17	16.19	15.17	2.53
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
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 6 Elementary	Serving	2	220	314	2.76	44.57	4.44	0.93
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
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			744	1541	31.49	116.29	18.55	3.55
% of Calories					16.9%	62.6%	22.5%	4.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 01/22/2019								
Elementary Lunch	Total	2						
Tator Tot Casserole	1 cup	1	283	680	14.65	19.93	15.74	4.67
Sub, Ham & Cheese SR	1 Each	1	211	523	12.88	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	1	14	169	0.81	3.04	0.07	0.01
Salad Bar Day 7 Elementary	Serving	2	171	204	2.9	33.01	3.98	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
MAYONNAISE:individual PC	Serving	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			639	1152	27.11	87.75	20.88	5.81
% of Calories					17.0%	54.9%	29.4%	8.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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# Kearney Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Jan 1, 2019 thru Jan 31, 2019

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/23/2019								
Elementary Lunch	Total	2						
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	3.0	0.50
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Salad Bar Day 8 Elementary	Serving	2	138	169	1.46	25.52	3.93	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
BBQ Sauce C	1 oz	1	35	210	0.0	8.0	0.0	0.00
Weighted Daily Average			619	920	26.99	100.99	12.16	3.16
% of Calories					17.4%	65.3%	17.7%	4.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 01/24/2019								
Elementary Lunch	Total	2						
Spaghetti with Meat Sauce SR C	1 cup	1	374	262	23.41	48.01	11.06	3.57
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
Cheesy Peas SR	1/2 cup	1	71	220	3.5	12.08	1.32	0.31
Salad Bar Day 9 Elementary	Serving	2	163	166	1.64	31.63	3.95	0.85
Milk, Variety SR	cup	2	122	157	8.0	20.82	0.55	0.33
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Garlic Toast, Mini WG	Slice	1	70	95	2.0	12.0	2.5	0.50
Weighted Daily Average			666	872	32.24	101.16	16.68	4.30
% of Calories					19.4%	60.7%	22.5%	5.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 01/25/2019								
Elementary Lunch	Total	2						
Pizza, Pepperoni WGR	Serving	1	290	620	15.0	33.0	11.0	4.00
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
Broccoli with Cheese SR	1/2 cup	1	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 10 Elementary	Serving	2	164	181	3.39	30.11	4.45	0.90
Milk, Variety SR	cup	2	122	157	8.0	20.82	0.55	0.33
Rice Krispie Treats- Mini	1 each	1	50	45	0.0	9.0	1.0	0.00

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Page 7

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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			710	1156	29.20	98.15	23.48	7.09
% of Calories					16.4%	55.3%	29.8%	9.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 01/28/2019								
Elementary Lunch	Total	2						
Cheeseburger on a Bun SR	1 each	1	245	555	21.5	21.0	8.0	3.75
Ham & Cheese Pinwheel SR	1 Each	1	259	751	14.43	30.7	10.35	4.03
Baked Beans SR	1/2 cup	1	170	245	8.64	35.15	0.02	0.00
Salad Bar Day 1 Elementary	Serving	2	241	415	4.45	47.28	5.0	1.07
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
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
Weighted Daily Average			708	1501	34.92	113.16	14.86	5.30
% of Calories					19.7%	64.0%	18.9%	6.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 01/29/2019								
Elementary Lunch	Total	2						
Corn Dogs - Mini C	6 Each	1	274	757	10.53	26.81	9.58	2.39
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Peas & Carrots C	1/2 cup	2	68	107	3.63	13.02	0.52	0.07
Salad Bar Day 2 Elementary	Serving	2	170	201	2.88	32.88	4.0	0.82
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
Ketchup Pkts Heinz	1 Each	1	9	82	0.09	2.47	0.01	0.00
Mustard Portion Pac	1 Each	1	4	51	0.3	0.5	0.0	0.00
Weighted Daily Average			615	1198	28.97	93.06	14.04	3.44
% of Calories					18.8%	60.5%	20.5%	5.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Page 8

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019								
Elementary Lunch	Total	2						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
Yogurt Parfait - SR	1 Each	1	267	120	7.1	54.79	2.59	0.40
Graham Crackers WG	2 Each	1	180	200	4.0	32.0	5.0	0.00
Cheesy Mashed Potatoes SR	1/2 cup	2	101	348	3.66	13.47	4.04	1.90
Salad Bar Day 3 Elementary	Serving	2	141	168	1.42	26.03	3.89	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
BBQ Sauce C	1 oz	1	35	210	0.0	8.0	0.0	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			819	1204	31.25	127.09	21.53	5.13
% of Calories					15.3%	62.1%	23.7%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 01/31/2019								
Elementary Lunch	Total	2						
Super Nachos - Elementary SR	Serving	1	301	633	16.79	19.88	17.25	4.63
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	20.75	31.0	6.5	4.50
Spanish Rice SR	1/2 cup	1	127	319	2.84	25.21	1.61	0.28
Salad Bar Day 4 Elementary	Serving	2	173	182	2.73	33.84	4.06	0.86
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			673	1302	31.39	94.78	20.12	6.21
% of Calories					18.7%	56.4%	26.9%	8.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			684	1164	29.67	101.79	18.82	5.15
					17.3%	59.5%	24.8%	6.8%

**\*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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 9

Generated on: 12/18/2018 8:30:40 AM

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)	1164		1230								
Sodium 2 (mg)	1164		935					229			Correction Required - Sodium too High
Protein (g)	29.67	17.35%									
Carbohydrate (g)	101.79	59.53%									
Total Fat (g)	18.82	24.77%	<=30.00%								
Saturated Fat (g)	5.15	6.77%	<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*  
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