

# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/19/2018 9:52:05 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Chicken Fajita Nachos SR	Serving	1	236	643	13.5	21.5	11.25	1.50
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Hot Ham & Cheese SR Second	1 Each	1	289	1098	23.16	32.18	8.14	2.97
Pizza, Pepperoni- LC 2012	Slice	1	330	670	17.0	34.0	15.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	550	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	460	20.0	32.0	9.0	3.00
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Soup, Chicken Noodle	1 Cup	3	85	60	7.38	10.8	1.43	0.33
Refried Beans SR	1/2 cup	2	134	211	8.97	19.9	2.02	1.35
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	5	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	1 Each	1	60	180	1.0	9.0	1.5	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
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
Peppers Jalepenos, Canned	1 oz	1	10	419	0.3	2.12	0.27	0.02
Olives, Ripe, Canned Black	1 oz	1	33	208	0.24	1.77	3.03	0.40
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			761	1295	36.19	120.37	16.78	5.36
% of Calories					19.0%	63.3%	19.8%	6.3%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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High School Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Grilled Chicken Sandwich/KHS	1 Each	1	253	436	17.71	32.43	7.0	1.43
Pizza, Big Daddy 4 Meat	Slice	1	370	650	20.0	36.0	17.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	4 Each	1	600	1560	28.0	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Cheeseburger	1 Cup	1	241	811	13.54	20.23	12.29	4.18
Corn, Frozen	1/2 cup	1	92	1	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			788	1218	33.09	121.53	21.47	6.74
% of Calories					16.8%	61.7%	24.5%	7.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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High School 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								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Corn Dogs - Mini C	8 Each	1	365	1009	14.05	35.75	12.77	3.19
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Swiss Mushroom Chicken Sandwic	1 each	1	337	841	25.73	35.98	11.36	3.26
Pizza Hut - Beef Pizza	Slice	1	379	1200	19.0	36.0	17.4	7.70
Pizza Hut - Cheese Pizza	Slice	1	310	710	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Potato Smiles	1/2 cup	1	130	180	2.0	20.0	4.5	0.50
Peas & Carrots C	1/2 cup	1	68	107	3.63	13.02	0.52	0.07
Soup, Corn Chowder	1 Cup	3	159	672	9.32	21.63	5.17	1.98
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	5	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Dinner Roll WGR Bimbo Bakeries	1 Each	3	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			779	1337	33.40	119.08	19.82	6.30
% of Calories					17.2%	61.1%	22.9%	7.3%
Nutrient Guideline			750-850	1420			<=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)
Thu - 01/10/2019								
High School Lunch	Total	10						
Make a Sub Your Way	Each	1	335	1150	20.77	41.42	11.31	4.41
Spaghetti with Meat Sauce SR C	1 cup	1	374	262	23.41	48.01	11.06	3.57
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
Chicken Cordon Blue Sandwich	1 Each	1	373	943	23.73	33.88	16.51	4.82
Pizza, Homemade BBQ Chicken	Slices	1	342	609	23.86	27.93	14.33	6.59
Pizza, Homemade Cheese	Slices	1	330	495	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	4 Each	1	620	1180	36.0	62.0	26.0	14.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Mixed Vegetables - California	1/2 CUP	1	59	32	2.6	11.91	0.14	0.03
Soup, Chicken Tortilla	1 Cup	3	155	410	12.69	12.92	2.15	0.39
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Garlic Bread	Slices	3	90	200	3.0	19.0	1.0	0.00
Weighted Daily Average			836	1202	37.39	128.76	20.30	6.71
% of Calories					17.9%	61.6%	21.9%	7.2%
Nutrient Guideline			750-850	1420			<=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 - 01/11/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Mandarin Orange Chicken - Ling	6 oz	1	250	467	18.33	31.67	5.0	0.83
Rice, Cooked	1/2 cup	1	118	5	2.53	24.65	0.93	0.19
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza, 5" Deep Dish WG Peppero	1 Each	1	310	480	17.0	38.0	10.0	3.00
Pizza, 5" Deep Dish WG Cheese	1 Each	1	300	440	17.0	39.0	9.0	2.50
Pizza, Sausage Tony's WGR	Serving	1	280	550	15.0	34.0	10.0	3.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Tomato, Heinz	1 Cup	3	88	454	1.96	19.59	0.0	0.00
Brussel Sprouts	1/2 cup	1	33	201	2.82	6.45	0.3	0.06
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			756	1160	31.17	122.77	17.07	4.75
% of Calories					16.5%	64.9%	20.3%	5.7%
Nutrient Guideline			750-850	1420			<=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 - 01/14/2019								
High School Lunch	Total	10						
Make a Sub Your Way	Each	1	335	1150	20.77	41.42	11.31	4.41
Chicken Nuggets	7 Each	1	444	562	29.75	26.25	24.5	5.25
Cheesy Mashed Potatoes SR	1/2 cup	1	101	348	3.66	13.47	4.04	1.90
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Sandwich, Chipotle Ranch Chick	1 Each	1	360	645	22.0	35.0	16.0	2.75
Pizza, Beef- LC 2012	Slice	1	330	670	18.0	34.0	14.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	550	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	460	20.0	32.0	9.0	3.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	cup	8	122	157	8.0	20.82	0.55	0.33
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Soup, Cream of Chicken Soup	1 Cup	3	140	367	14.11	11.23	4.72	1.61
Crackers - Saltines WGR	3 Each	3	180	540	3.0	27.0	4.5	0.00
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			819	1412	38.50	122.68	20.69	6.08
% of Calories					18.8%	59.9%	22.7%	6.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Tue - 01/15/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Super Nachos - Secondary SR	Serving	1	381	839	17.0	37.5	19.5	4.30
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
BBQ Chicken Sandwich SR C	1 Each	1	250	470	20.0	24.0	8.5	2.00
Pizza, Big Daddy's BuffaloChic	Slice	1	390	750	20.0	35.0	19.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	3 Each	1	450	1170	21.0	48.0	21.0	7.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Spanish Rice SR	1/2 cup	1	127	319	2.84	25.21	1.61	0.28
Chili SR	1 Cup	3	205	452	13.93	19.59	8.05	3.20
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Juice	1 cup	5	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Bread Basket	1 Each	5	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			851	1318	34.65	129.02	24.09	7.51
% of Calories					16.3%	60.7%	25.5%	7.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Wed - 01/16/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
BBQ Pulled Pork Sandwich SR	1 Each	1	303	954	21.02	35.6	8.73	2.50
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
Cheeseburger, Deluxe	1 Each	1	310	530	16.0	30.0	13.5	6.00
Pizza Hut - Pepperoni Pizza	Slice	1	340	890	17.0	30.0	17.0	8.40
Pizza Hut - Cheese Pizza	Slice	1	310	710	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Ham & Bean	1 Cup	2	39	1083	2.71	6.33	0.82	0.28
Scalloped Potatoes Idahoan SR	1/2 cup	1	134	484	2.0	23.0	3.59	1.18
Green Beans C	1/2 cup	1	24	299	1.43	5.37	0.12	0.02
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	6	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			747	1397	30.02	115.93	19.63	6.66
% of Calories					16.1%	62.1%	23.7%	8.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Thu - 01/17/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Grilled Cheese Sandwich SR	1 Each	1	319	630	16.4	33.95	14.9	7.50
Hamburger on a Bun SR KHS	each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Breaded Beef Sandwich SR C	1 each	1	380	320	20.0	38.0	17.5	4.00
Pizza, Homemade 4-Meat	Slices	1	399	882	20.92	31.7	20.38	8.41
Pizza, Homemade Cheese	Slices	1	330	495	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
French Fries Oven heat	Serving	1	90	115	1.0	14.0	3.0	0.00
Carrots, frozen	1/2 CUP	3	27	43	0.42	5.64	0.5	0.09
Soup, Tomato, Heinz	1 Cup	3	88	454	1.96	19.59	0.0	0.00
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			800	1172	31.75	127.16	20.57	6.99
% of Calories					15.9%	63.6%	23.1%	7.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Penne Pasta Alfredo	7/8 cup	1	305	686	15.88	37.48	9.68	5.75
Hamburger on a Bun SR KHS	each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza, Cheese Stf Crst Gilardi	Slice	1	360	570	18.0	52.0	9.0	3.00
Pizza, Fiestada	1 Each	1	340	850	17.0	39.0	14.0	6.00
Pepperoni French Bread	1 Each	1	350	680	18.0	35.0	16.0	8.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Broccoli with Cheese SR	1/2 cup	3	108	422	5.61	18.45	2.95	0.72
Soup, Vegetable	1 Cup	3	53	195	3.72	8.24	0.71	0.04
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	4	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			778	1243	33.07	123.07	19.44	6.38
% of Calories					17.0%	63.2%	22.5%	7.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/21/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Super Mexi Tots	Serving	1	372	995	17.0	39.0	16.49	5.80
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
BBQ Rib Sandwich SR C/KHS	1 Each	1	348	810	22.4	41.7	10.6	3.20
Pizza, Beef- LC 2012	Slice	1	330	670	18.0	34.0	14.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	550	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	460	20.0	32.0	9.0	3.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Peas, frozen C	1/2 CUP	3	62	58	4.12	11.41	0.22	0.04
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	20.82	0.55	0.33
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			729	1208	32.50	116.03	16.79	5.62
% of Calories					17.8%	63.6%	20.7%	6.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/22/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
Pizza, Big Daddy 4 Meat	Slice	1	370	650	20.0	36.0	17.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	4 Each	1	600	1560	28.0	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Vegetable Beef	1 Cup	4	159	501	13.46	14.09	5.28	1.92
Corn, Frozen	1/2 cup	3	92	1	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			811	1314	35.77	121.83	22.87	6.98
% of Calories					17.7%	60.1%	25.4%	7.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/23/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Chicken Enchilada	Servings	1	375	554	27.71	28.38	16.31	6.83
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Hot Dog on a Bun - Secondary	1 each	1	100	170	3.0	20.0	1.0	0.00
Pizza Hut - Cheese Pizza	Slice	1	310	710	16.0	30.0	14.0	7.50
Pizza Hut - Pepperoni Pizza	Slice	1	340	890	17.0	30.0	17.0	8.40
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Refried Beans SR	1/2 cup	5	134	211	8.97	19.9	2.02	1.35
Potato Bacon Soup	1 Cup	2	388	1231	11.04	32.28	14.08	5.88
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
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
Olives, Ripe, Canned Black	1 oz	1	33	208	0.24	1.77	3.03	0.40
Peppers Jalepenos, Canned	1 oz	1	10	419	0.3	2.12	0.27	0.02
Weighted Daily Average			768	1331	33.60	109.91	20.92	7.67
% of Calories					17.5%	57.3%	24.5%	9.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/24/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
Swiss Mushroom Burger	1 each	1	317	781	24.73	34.98	9.36	3.27
Pizza, Homemade Chic Bac Ranch	Slices	1	395	729	23.86	28.68	19.58	7.71
Pizza, Homemade Cheese	Slices	1	330	495	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Soup, Taco with Rice	1 cup	4	153	485	8.32	21.59	3.85	1.89
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			788	1314	34.71	122.19	19.99	6.89
% of Calories					17.6%	62.1%	22.8%	7.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	3.0	0.50
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza, 5" Deep Dish WG Pepperoni	1 Each	1	310	480	17.0	38.0	10.0	3.00
Pizza, 5" Deep Dish WG Cheese	1 Each	1	300	440	17.0	39.0	9.0	2.50
Pizza, Homemade Sausage	Slices	1	430	735	22.5	31.0	22.0	9.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Tomato, Heinz	1 Cup	4	88	454	1.96	19.59	0.0	0.00
Rice, Cooked	1/2 cup	1	118	5	2.53	24.65	0.93	0.19
BROCCOLI: frozen, boiled	1/2 CUP	5	26	10	2.85	4.92	0.11	0.02
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Sweet and Sour Sauce	1/4 cup	1	75	144	0.17	18.68	0.02	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			744	1127	31.34	119.16	17.60	5.28
% of Calories					16.9%	64.1%	21.3%	6.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Buffalo Popcorn Chicken SR	Serving	1	224	839	11.19	14.39	13.59	3.20
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Hot Ham & Cheese SR Second	1 Each	1	289	1098	23.16	32.18	8.14	2.97
Pizza, Beef- LC 2012	Slice	1	330	670	18.0	34.0	14.0	7.00
Pizza, Cheese - LC 2012	Slice	1	300	550	16.0	34.0	12.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	300	460	20.0	32.0	9.0	3.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Chicken Noodle	1 Cup	5	85	60	7.38	10.8	1.43	0.33
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Corn, Chuckwagon	1/2 cup	5	93	0	2.67	20.0	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	3	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			757	1188	34.93	119.51	16.90	5.33
% of Calories					18.5%	63.1%	20.1%	6.3%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/19/2018 9:52:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/29/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Crispito	2 Each	1	540	740	24.0	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Pizza, Big Daddys Pepperoni	Slice	1	350	650	19.0	35.0	16.0	6.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	3 Each	1	450	1170	21.0	48.0	21.0	7.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Cheeseburger	1 Cup	2	241	811	13.54	20.23	12.29	4.18
Spanish Rice SR	1/2 cup	3	127	319	2.84	25.21	1.61	0.28
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Bread Basket	1 Each	4	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			838	1347	34.27	124.78	24.59	7.37
% of Calories					16.4%	59.6%	26.4%	7.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Chicken Drumstick WG Brd - Tys	1 Each	1	190	540	16.0	5.0	11.0	2.50
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Swiss Mushroom Chicken Sandwic	1 each	1	337	841	25.73	35.98	11.36	3.26
Pizza Hut - Sausage	Slice	1	342	798	14.18	34.97	16.07	6.50
Pizza Hut - Cheese Pizza	Slice	1	310	710	16.0	30.0	14.0	7.50
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Corn Chowder	1 Cup	4	159	672	9.32	21.63	5.17	1.98
Mashed Potatoes Idahoan	1/2 cup	4	64	248	1.6	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	4	35	252	1.0	5.0	1.0	0.00
Asparagus	1/2 cup	2	16	3	2.66	1.73	0.38	0.09
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	5	122	157	8.0	20.82	0.55	0.33
Bread Basket	1 Each	5	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			768	1528	33.13	114.21	22.23	6.96
% of Calories					17.3%	59.5%	26.0%	8.1%
Nutrient Guideline			750-850	1420			<=30.0	<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  
 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

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	335	1150	20.77	41.42	11.31	4.41
Lasagna 20	Serving	1	312	181	22.04	26.01	12.57	5.68
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	410	680	22.0	44.0	17.0	3.00
Chicken Cordon Blue Sandwich	1 Each	1	373	943	23.73	33.88	16.51	4.82
Pizza, Homemade Taco	Slices	1	376	845	27.93	34.25	15.06	6.76
Pizza, Homemade Cheese	Slices	1	330	495	18.5	30.5	13.0	6.50
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Chicken Tortilla	1 Cup	4	155	410	12.69	12.92	2.15	0.39
Mixed Vegetables - Frozen	1/2 CUP	3	59	32	2.6	11.91	0.14	0.03
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Garlic Bread	Slices	3	90	200	3.0	19.0	1.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	20.82	0.55	0.33
Weighted Daily Average			821	1220	37.65	124.43	20.07	6.60
% of Calories					18.3%	60.6%	22.0%	7.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			786	1281	34.06	121.18	20.09	6.43
					17.3%	61.7%	23.0%	7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	786		750 - 850	100%				
Sodium 1 (mg)	1281		1420					
Sodium 2 (mg)	1281		1080				201	Correction Required - Sodium too High
Protein (g)	34.06	17.33%						
Carbohydrate (g)	121.18	61.65%						
Total Fat (g)	20.09	23.00%	<=30.00%					
Saturated Fat (g)	6.43	7.36%	<10.00%					

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