

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Middle School Lunch

Generated on: 12/18/2018 8:38:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019								
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	290	409	4.69	60.08	5.13	1.08
Milk, Variety SR	1 cup	3	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
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			778	1200	36.24	120.08	19.32	5.27
% of Calories					18.6%	61.8%	22.4%	6.1%
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)
Tue - 01/08/2019								
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	368	648	17.38	26.88	21.75	12.05
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Broccoli with Cheese SR	1/2 cup	1	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	20.82	0.55	0.33
BARBECUE SAUCE	2 TBSP	1	12	58	0.1	3.09	0.01	0.00
Weighted Daily Average			771	1183	34.87	89.67	34.20	9.77
% of Calories					18.1%	46.5%	39.9%	11.4%
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)
Wed - 01/09/2019								
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	20.82	0.55	0.33
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			726	1355	36.89	111.29	16.59	6.00
% of Calories					20.3%	61.3%	20.6%	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 - 01/10/2019								
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	20.82	0.55	0.33
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
BBQ Sauce C	Serving	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
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			740	1183	27.55	114.99	20.35	5.44
% of Calories					14.9%	62.2%	24.7%	6.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle School Lunch

Portion Values - Detailed

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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								
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	137	170	1.71	24.56	4.03	0.81
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
TARTAR SAUCE	2 TBSP	1	76	237	0.4	5.48	6.35	0.61
Weighted Daily Average			643	1219	27.97	88.27	21.07	5.76
% of Calories					17.4%	54.9%	29.5%	8.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 01/14/2019								
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	248	425	4.45	49.12	4.98	1.07
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
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			734	1148	27.05	121.67	17.28	5.24
% of Calories					14.7%	66.3%	21.2%	6.4%
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)
Tue - 01/15/2019								
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	20.82	0.55	0.33
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	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	101.43	16.32	5.76
% of Calories					20.1%	59.9%	21.7%	7.7%
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 - 01/17/2019								
Middle School Lunch	Total	3						
Spaghetti Sauce with Meat KPS	1/2 cup	2	183	360	11.79	14.06	8.36	3.24
Chicken Alfredo	1/2 cup	1	223	839	17.37	17.85	8.53	4.34
Marinara Sauce C	1/2 cup	1	73	113	0.91	9.07	3.63	0.91
Spaghetti Noodles C	1/2 cup	2	158	15	6.67	34.22	0.64	0.12
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar Day 4 Secondary	Serving	3	203	136	2.76	42.36	4.17	0.91
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
Breadsticks Rich's	1 Each	1	60	110	2.0	11.0	1.0	0.00
Weighted Daily Average			769	1388	37.25	121.01	18.00	5.94
% of Calories					19.4%	62.9%	21.1%	7.0%
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)
Fri - 01/18/2019								
Middle School Lunch	Total	3						
Pizza Hut - Cheese Pizza	Slice	1	310	710	16.0	30.0	14.0	7.50
Buffalo Popcorn Chicken SR	Serving	1	224	839	11.19	14.39	13.59	3.20
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
Tator Tots C	1/2 cup	3	130	310	2.0	16.0	6.0	1.00
Salad Bar Day 5 Secondary	Serving	3	184	162	3.43	35.83	4.45	0.94
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
Tartar Sauce Packets Heinz	serving	1	60	100	0.0	1.0	6.0	0.00
Weighted Daily Average			761	1339	27.49	98.77	29.87	8.17
% of Calories					14.5%	51.9%	35.3%	9.7%
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 - 01/21/2019								
Middle School Lunch	Total	3						
BBQ Pulled Pork Sandwich SR	1 Each	1	303	954	21.02	35.6	8.73	2.50
Taquitos Chicken & Cheese EI M	2 Each	1	280	800	16.0	30.0	12.0	3.00
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Spanish Rice #2 SR	1/2 cup	2	100	125	1.34	10.28	6.17	0.92
Salad Bar Day 6 Secondary	Serving	3	290	409	4.69	60.08	5.13	1.08
Milk, Variety SR	1 cup	3	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
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
Weighted Daily Average			769	1521	32.29	121.41	19.72	4.72
% of Calories					16.8%	63.1%	23.1%	5.5%
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 - 01/22/2019								
Middle School Lunch	Total	3						
Sloppy Joes SR	1/3 cup	1	300	596	15.98	37.54	10.05	3.25
Beef & Noodles WG	1 cup	1	251	83	19.77	22.81	8.37	2.86
Wrap, Turkey & Cheese SR	1 Each	1	263	658	14.92	31.15	8.88	1.97
Green Beans C	1/2 cup	2	24	299	1.43	5.37	0.12	0.02
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	20.82	0.55	0.33
Breadsticks Rich's	1 Each	2	60	110	2.0	11.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			767	1091	34.02	95.97	30.36	6.67
% of Calories					17.7%	50.0%	35.6%	7.8%
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 - 01/23/2019								
Middle School Lunch	Total	3						
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Super Nachos - Secondary SR	Serving	1	381	839	17.0	37.5	19.5	4.30
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 8 Secondary	Serving	3	150	132	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	3	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
Lettuce, Shredded	serving	1	5	4	0.32	1.07	0.05	0.01
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
Weighted Daily Average			729	1144	38.61	100.83	20.52	6.04
% of Calories					21.2%	55.3%	25.3%	7.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Thu - 01/24/2019								
Middle School Lunch	Total	3						
Chicken Strips Secondary C	4 each	1	351	526	20.23	21.58	20.23	3.37
Mandarin Orange Chicken - Ling	3.6 oz	1	150	280	11.0	19.0	3.0	0.50
Tuna Salad Sandwich	1 Each	1	271	505	19.17	34.72	7.7	0.97
Rice, Cooked	1/2 cup	3	118	5	2.53	24.65	0.93	0.19
Salad Bar Day 9 Secondary	Serving	3	238	129	2.71	50.72	4.26	0.94
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	2	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			817	828	32.71	134.63	17.55	3.23
% of Calories					16.0%	65.9%	19.3%	3.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019								
Middle School Lunch	Total	4						
Pizza, Beef- Little Caesars	Slice	1	390	850	21.0	44.0	15.0	7.00
Shrimp Breaded WGR- Oven Crunc	14 each	1	190	290	11.0	18.0	9.0	1.50
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
Cheesy Peas SR	1/2 cup	2	71	220	3.5	12.08	1.32	0.31
Salad Bar Day 10 Secondary	Serving	3	137	170	1.71	24.56	4.03	0.81
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
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
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Weighted Daily Average			508	792	21.06	73.94	15.22	4.01
% of Calories					16.6%	58.3%	27.0%	7.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Mon - 01/28/2019								
Middle School Lunch	Total	3						
Cheeseburger on a Bun SR	1 each	1	245	555	21.5	21.0	8.0	3.75
Corn Dogs - Mini C	6 Each	1	274	757	10.53	26.81	9.58	2.39
Chicken Fajita Salad SR	1 Each	1	218	1192	26.26	14.8	6.93	3.57
French Fries Oven heat	3 OZ	2	270	345	3.0	42.0	9.0	0.00
Salad Bar Day 1 Secondary	Serving	3	248	425	4.45	49.12	4.98	1.07
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
Pickles Dill Slices	serving	1	3	170	0.11	0.51	0.06	0.02
Weighted Daily Average			783	1764	31.43	114.67	21.45	4.74
% of Calories					16.1%	58.6%	24.7%	5.5%
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)
Tue - 01/29/2019								
Middle School Lunch	Total	3						
General Tso's Chicken - Lings	Serving	1	170	361	11.0	23.0	3.0	0.50
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	400	14.87	33.91	2.38	0.00
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Salad Bar Day 2 Secondary	Serving	3	341	269	9.86	37.48	19.41	3.58
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	2	110	130	4.0	20.0	1.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	20.82	0.55	0.33
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
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			807	919	34.93	108.26	28.43	5.13
% of Calories					17.3%	53.7%	31.7%	5.7%
Nutrient Guideline			600-700	1360			<=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

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

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)
Wed - 01/30/2019								
Middle School Lunch	Total	3						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Cheesy Mashed Potatoes SR	1/2 cup	3	101	348	3.66	13.47	4.04	1.90
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	20.82	0.55	0.33
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			716	1365	34.67	97.91	21.87	7.06
% of Calories					19.4%	54.7%	27.5%	8.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Thu - 01/31/2019								
Middle School Lunch	Total	3						
Chili SR	1 Cup	1	217	299	14.48	18.59	9.55	3.44
Tacos Chicken	2 each	1	325	526	16.18	39.84	11.16	5.25
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Spanish Rice SR	1/2 cup	3	127	319	2.84	25.21	1.61	0.28
Salad Bar Day 4 Secondary	Serving	3	203	136	2.76	42.36	4.17	0.91
Milk, Variety SR	1 cup	3	122	157	8.0	20.82	0.55	0.33
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	1/2 cup	1	3	2	0.16	0.53	0.03	0.00
Shredded Cheese C	servng	1	115	185	7.0	1.0	9.5	6.00
Cinnamon Roll 1.2oz Baker Boy	1 Each	2	100	140	2.0	17.0	2.5	1.00
Weighted Daily Average			823	1260	33.90	128.83	21.10	7.95
% of Calories					16.5%	62.6%	23.1%	8.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			740	1213	32.39	107.98	21.62	5.94
					17.5%	58.4%	26.3%	7.2%

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# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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Generated on: 12/18/2018 8:38:34 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	740		600 - 700	106%				40			Correction Required - Calories too High
Sodium 1 (mg)	1213										
Sodium 2 (mg)	1213							178			Correction Required - Sodium too High
Protein (g)	32.39	17.51%									
Carbohydrate (g)	107.98	58.38%									
Total Fat (g)	21.62	26.30%	<=30.00%								
Saturated Fat (g)	5.94	7.23%	<10.00%								

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