

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 30, 2019

Elementary Lunch

Generated on: 2/27/2019 7:59:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
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	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
Animal Crackers WGR Keebler	Package	1	130	110	2.0	21.0	4.0	1.00
Weighted Daily Average			795	1087	30.16	108.21	27.79	7.26
% of Calories					15.2%	54.4%	31.5%	8.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 03/04/2019								
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	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 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: 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			699	1259	30.84	107.41	18.13	3.51
% of Calories					17.7%	61.5%	23.4%	4.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 03/05/2019								
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	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
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

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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			645	1100	27.21	90.31	20.84	5.77
% of Calories					16.9%	56.0%	29.1%	8.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 03/06/2019								
Elementary Lunch	Total	2						
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	3.0	0.50
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
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
Tartar Sauce Packets Heinz	serving	1	60	100	0.0	1.0	6.0	0.00
Weighted Daily Average			667	683	27.14	101.18	17.30	3.56
% of Calories					16.3%	60.7%	23.4%	4.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 03/07/2019								
Elementary Lunch	Total	2						
Spaghetti w/Comm Meat Sauce	1 cup	1	317	308	21.67	43.22	7.64	2.92
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	181	115	2.07	36.08	4.06	0.87
Milk, Variety SR	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
Garlic Toast, Mini WG	Slice	1	70	95	2.0	12.0	2.5	0.50
Weighted Daily Average			656	844	31.79	103.54	15.01	3.95
% of Calories					19.4%	63.1%	20.6%	5.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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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 - 03/08/2019								
Elementary Lunch	Total	2						
Pizza, Cheese Tony's WG	Serving	1	290	540	15.0	34.0	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	180	131	3.7	34.55	4.53	0.91
Milk, Variety SR	cup	2	122	157	8.0	21.15	0.47	0.28
Rice Krispie Treats- Mini	1 each	1	50	45	0.0	9.0	1.0	0.00
Weighted Daily Average			727	1066	29.51	103.42	23.48	7.05
% of Calories					16.2%	56.9%	29.1%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 03/11/2019								
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	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
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			667	1294	33.39	112.05	11.94	4.62
% of Calories					20.0%	67.2%	16.1%	6.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 03/12/2019								
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	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
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

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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			618	1145	29.06	94.63	14.02	3.40
% of Calories					18.8%	61.3%	20.4%	5.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 03/13/2019								
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	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
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			813	1049	31.56	126.94	21.47	5.09
% of Calories					15.5%	62.4%	23.8%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 03/14/2019								
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	185	132	3.01	37.57	4.11	0.86
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
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			686	1252	31.66	98.84	20.10	6.17
% of Calories					18.5%	57.7%	26.4%	8.1%
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)
Mon - 03/25/2019								
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 - 03/26/2019								
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
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 - 03/27/2019								
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
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00

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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			661	1091	32.29	97.68	17.16	4.13
% of Calories					19.5%	59.1%	23.4%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 03/28/2019								
Elementary Lunch	Total	2						
Chicken Drumstick WG Brd - Tys	1 Each	1	190	540	16.0	5.0	11.0	2.50
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
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 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
Bug Bites, Crackers Graham WGR	1 Each	1	120	115	2.0	21.0	3.5	1.00
Weighted Daily Average			633	1085	30.37	91.54	16.94	3.91
% of Calories					19.2%	57.9%	24.1%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 03/29/2019								
Elementary Lunch	Total	2						
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
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	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
Weighted Daily Average			721	1113	30.98	96.87	24.96	8.04
% of Calories					17.2%	53.7%	31.2%	10.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			687	1075	30.16	103.37	18.61	4.95
					17.6%	60.2%	24.4%	6.5%

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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	687		550 - 650	106%				37			Correction Required - Calories too High
Sodium 1 (mg)	1075		1230								
Sodium 2 (mg)	1075		935					140			Correction Required - Sodium too High
Protein (g)	30.16	17.55%									
Carbohydrate (g)	103.37	60.16%									
Total Fat (g)	18.61	24.37%	<=30.00%								
Saturated Fat (g)	4.95	6.48%	<10.00%								

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